Allergy Free Desserts

Includes vision and physical accessibility notes

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Acknowledgements

Writing a cookbook is something I never dreamed I would need to do. I was once so organized, and memorized everything I read. Before brain damage. Now, I forget names, faces, and anything not written, down. And even those things that are written on occasion.

A tremendous thank you to all who offer help that often you never see the results of. Years later, even decades later, those you help will remember the assistance you gave.

May this cookbook inspire others to want to cook and write.

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Introduction

Writing a cookbook was never intended. In fact, I once thought I would never learn to cook for myself. I was nineteen before I poured my first drink (a soda), and nearly twenty before I touched my first pan. I am thankful for those who took the time to teach a young woman the art and science of cooking. Cooking was one of the last things I learned how to do well in my life.

I almost lost those skills once. I quit cooking when I worked away from home for over twelve hours a day. Like many skills, if you don't use them, you lose them.

Then, when diagnosed as celiac and lactose intolerant, my cooking world turned upside down. What could I do now? I was known for cakes, pies, biscuits, and gravy from scratch!

For years, I cooked without grain. Then, I found grains I could tolerate. Cookies, pizzas, pies, cake mixes, and more. Some were great and fluffy (hard to imagine as gluten free). Others, not so much. I will refer to specific brands in the grain section of this cookbook so you can more easily duplicate recipes.

If you are curious about what gluten, lactose, and fructose are, there is a section in the resources with a few links.

There are many types of vegetarianism. Some eat eggs, others don't. Dairy may, or may not, be consumed. Some consider fish or poultry okay, while others don't. In this cookbook, there is a place for the vegetarian of every variety to note what to avoid in a dish, and a place to add a substitute for each changed ingredient. This space is useful if the cook, or food recipient, has other reasons, including allergies to ingredients, for avoiding meat, and meat like products.

I hope I never lose my ability to cook and enjoy food. I have a new challenge. Low vision and hearing. Along with a fear of cutting my fingers off when slicing vegetables, fruits, or meat.

How will I cope with this?

And cook on a stove as my vision recedes?

What is?

Lactose and Fructose

Lactose is a milk protein that many children and adults cannot digest, causing pain, bloating, and diarrhea.

Fructose is fruit sugar that many people cannot absorb, causing pain, discomfort, and diarrhea.

Meatless Preparation

Meals may be created meat free for a variety of reasons, including protein oversaturation, diet restrictions due to medical needs, allergies, religious reasons, and dislike of a specific meat taste, or texture.

Sometimes, it is easiest to choose a gluten free meal in a restaurant by picking a vegetable dish.

Important note: If choosing to feed meatless preparation frequently to a child, especially under age five, please speak with a medical professional and nutritionist. Occasionally, a meatless meal is fine.

Gluten and Gluten Free

Gluten is a protein found in many grains. It is used as a binder in recipes. It is a common thickener used in gravies, soups, and a surprising number of food and nonfood products.

Living gluten free means a lot more than living without bread, cake, or pie.

It also means avoiding common items, such as stamps or envelopes that have to be licked to be sealed, most pet food, some medications, lotions, shampoos, gloves, and cosmetics.

For more information on products to avoid with gluten and other food intolerances:

American Gastroenterological Association. "Understanding Food Allergies and Intolerances." Accessed 02/26/2010. http://www.gastro.org/patient–center/diet–medications/food–allergies–fructose–intolerance–and–lactose–intolerance

Celiac.org. "Sources of Gluten." accessed 05/20/14. http://celiac.org/live–gluten–free/gluten–free–diet/sources–of–gluten/

Celiac Disease Foundation. Accessed 02/26/2010. http://www.celiac.org/

The Food Allergy & Anaphylaxis Network. Accessed 02/26/2010. http://www.foodallergy.org/

Food Allergy. Accessed 02/26/2010. http://www.food–allergy.org/

Food Reactions. "Fructose Malabsorption." Accessed 02/26/2010. http://www.foodreactions.org/intolerance/fructose/malabsorption.html

Gluten Free Gluten.com "Potential Hidden Sources of Gluten." Accessed 05/20/14. http://www.glutenfreegluten.com/wp–content/downloads/Hidden_Gluten_Sources.pdf

Medicine Net. "Food Allergy." Accessed 02/26/2010. http://www.medicinenet.com/food_allergy/article.htm

National Digestive Diseases Information Clearinghouse. "Celiac Disease." September 2008. Accessed 02/26/2010. http://digestive.niddk.nih.gov/ddiseases/pubs/celiac/

Ruiz, Jr., MD, Atenodoro R. Merck Manuals Online Medical Library. "Digestive Disorders - Malabsorption" Modified January 2013. Accessed 02/26/2010 http://www.merck.com/mmhe/sec09/ch125/ch125a.html

Ultimate Gluten Free. "Sources of Hidden Gluten in Non–Food Products." Accessed 05/20/14. http://ultimateglutenfree.com/sources–hidden–gluten–non–food–products/

Weights and Measures

A dash is one sprinkle across a dish. Most commonly used for salt or sugar.

Typical abbreviations:

Tablespoon = tbsp
Teaspoon = tsp
Cup = c
Fluid ounces = fl ounce
Pint = p
Quart = qt
Gallon = gal
Pound = lb

The following section is adapted from: http://www.nal.usda.gov/fnic/foodcomp/Bulletins/measurement_equivalents.html accessed on 04/20/2013.

1 tablespoon = 3 teaspoons
1/16 cup = 1 tablespoon
1/8 cup = 2 tablespoons
1/6 cup = 2 tablespoons + 2 teaspoons
1/4 cup = 4 tablespoons
1/3 cup = 5 tablespoons + 1 tablespoon
3/8 cup = 6 tablespoons
1/2 cup = 8 tablespoons
2/3 cup = 10 tablespoons + 2 teaspoons
3/4 cup = 12 tablespoons
1 cup = 48 teaspoons
1 cup = 16 tablespoons

1 cup = 8 fluid ounces (fl ounce)
1 pint = 2 cups
1 quart = 2 pints
1 quart = 4 cups
4 quarts = 1 gallon
16 cups = 1 gallon

16 ounces = 1 pound

If you enjoy math, you can create all kinds of word problems with these weights and measures. After all, cooking, is a giant math and science puzzle.

Cooking Tools

There are many cooking tools, and they can range in price from $1.00 to $1,000.00s. What you need depends on the type of cooking you do. Keep it simple. Often, you need two sets of everything.

Microwave safe measuring cups 1/4 cup size are perfect for melting butter

Measuring cup set: Often come on a ring. Add colored tape to differentiate size. Usually come as 1 cup, 3/4 cup, 1/2 cup, and 1/4 cup.

Measuring spoon set: Often come on a ring. Add colored tape to differentiate size. Usually come as 1 tablespoon, 1/2 tablespoon, 1 teaspoon, 1/2 teaspoon, and 1/4 teaspoon. Occasionally, these are marked with milliliters, as well.

Cookware sets: Stainless steel is safest. Nonstick will peel off into your food.

2 large frying pans (typically 8 inch)
1 small frying pan (typically 6 inch)
2 medium sauce pans (typically 2 or 3 quart)
2 small sauce pans (typically 1 quart)
2 large pans (Dutch oven or stockpot) (typically 8 quart)
1 double boiler (spaghetti pot with 2 strainer inserts, some have a pour spout)

Bakeware sets: Typically, I use glass for much of my baking. Be aware and follow the directions for safety when moving glass dishes from counter to oven to counter to sink. If you store them in the fridge, allow them to warm to room temperature before washing.

1 quart (round) with lid
1 1/5 quart (round) with lid
(2) 2 quart (round)
2.5 quart (round) with lid
1 1/5 quart (oblong) with lid
2.5 quart (oblong) with lid
(2) 8 inch (square)
(2) loaf pans (glass or stainless steel)

(2) 8 inch round stainless steel pans
(2) stainless steel baking sheets
(1) stainless steel 12 cup muffin pan

Some people use cast iron pans. They are nice. They are also extremely heavy and difficult to move and care for. If you use them, search for guidelines on the internet or from a trusted friend.

More Tools

Knife block: (Always have an extra paring knife or two.)
Scissors
Butcher knife
Fish knife
Paring knife
Utility knife
6 to 8 steak knives

4 spatulas
4 wooden spoons
2 slotted spoons
2 solid spoons
2 soup ladles

Cutting boards: wooden or stone are safer than plastic and easier to keep clean. However, brightly colored ones can be placed under a clear glass cutting board to more easily see foods as they are chopped.

1 for meat
1 for vegetables
1 for fruit

Bag clips - A dozen or so of assorted sizes.
Bowl covers - Even your left overs need a see thru shower cap!

2 sets of mixing bowls. One can double as food storage containers.
8 piece serving set of dishes.
16 piece silverware set.
Extra bowls and cups, as needed.

For safety, many people have use plastic as it won't break as easily and is lightweight. However, it can melt into your food in the microwave. Use microwave safe bowls.

Table top over roaster pan
Mixer
Chopper
Blender
Microwave

Setting up the Kitchen

Safety is the number one goal. Be sure counters, tables, and floors are germ, clutter, and pet free.

Lighting and a clean workspace are necessary. For poorly lit work spaces, a trail riding headlight pointed down, they actually fold, works wonders.

Bleach is the recommended sanitizer to clean counters, stoves, and fridge handles. However, its toxicity is called into question. Whatever you use, be aware of how salmonella and other bacteria spread on counters and between foods. The science of cooking can be fun. However, adding an unintended component, such as bacteria, can cause your experiment to flop.

Thaw ingredients ahead of time to make cooking easier and quicker. With the exception that some raw thin steaks chop easier while half froze.

One meal preparation trick is to place all needed items such as measuring cups, mixing bowls, and ingredients on one side of the work space, and rotate them to the other side when you are finished, so you don't double one ingredient, and skip another.

Some links for food safety:

Food Safety http://www.foodsafety.gov/ (accessed 04/20/2013).

CDC (Centers for Disease Control) http://www.cdc.gov/foodsafety/ (accessed 04/20/2013).

USDA (United States Department of Agriculture) http://www.usda.gov/wps/portal/usda/usdahome?navid=FOOD_SAFETY (accessed 04/20/2013).

Many cooks keep a fully stocked pantry, fridge, and freezer.

Want to know what one looks like?

Or how to prepare for one?

A typical list, usually printed in landscape style, is provided below the Low Vision Accommodations for Cooking. On shopping day, I quickly count everything, and use a new color to write in the number per item that I already have. Shopping lists can be sorted by store aisle, food type, or home storage location.

Also, be sure you are aware of expiration dates on food, and use the closest to expiration date first.

The science of expiration dates: It isn't always the food going bad. Preservatives or packaging may leak into the food after a specified amount of time.

Low Vision Accommodations for Cooking

My vision is declining.
I'm not giving up cooking.
And I'm not giving up eating.
How do I intend to cook with low vision? With simple, cheap, and time saving techniques. Some will require changes that I can do now, though perhaps with less skill later.

Step 1: Electrical Cords

A. A few years ago, someone recommended taking an odd color of fingernail polish, such as neon pink that you can't miss and paint a dot on top of the wide part of the outlets in the kitchen and throughout the house.
B. Paint the tips of the cords you plug in. This way, you connect the odd color with itself and there is no need to guess which is the wide and which is the thin piece of the plugin. You may need to use a white polish on black or brown cords.

Step 2: Safety Precautions

A. Buy cutting boards that contrast with the counters and the foods you most commonly cut.
B. Arrange storage cabinets to where you reach items without them falling out.
    1. Contrast cabinet and drawer handles. Colored electrical tape works.
    2. Contrast the outside of the cabinets and drawers with the counters and the floors.
    3. Be sure all cabinets and drawers are in good, working order and clean.
C. Sew, or buy, contrasting placemats and cloth napkins.
D. Know which colors mean what in your kitchen. For instance:
    1. Blue pot holders
    2. Red hand drying towel
    3. White with blue stripe dish towels
    4. Hot pan towels are white towels that sit under hot pans on the table.
    5. Dark blue placemats
    6. Yellow daily use cloth napkins
    7. Light blue company cloth napkins

Step 3: Stove

A. Colored raised dots to locate temperature settings
B. Pan handles, either all to the middle, or all pointing out when cooking

Some people say all to the middle. However, when I turn them to the middle, I end up with the food spilled both on the stove and me. Part of that is low dexterity and having my arm in the heat when I reach across the pans. I also don't like reaching across the cooking food, as I don't want hair falling off my arm into the food. If you have low vision with eye and hand coordination problems, your hand could end up in a pan, or grabbing the wrong handle, if they are all tangled in a knot. Do what is safe for you, and others, to prevent spills and burns.

Step 4: Oven Safety

A. Put the food into the oven before turning it on so you can be sure you know where the food is located and not risk being burned.
B. Wear tight wristed, long sleeves. Use potholders when pulling cooked food out of the oven. You could take an old sweatshirt, cut out the sleeves, and connect them with elastic for summer use.

Step 5: The Microwave

A. If you have low vision, puffy numbers can help you find those invisible buttons to set the time. Raised dots could also be used for these and other settings, such as the cook time button. Clear plastic braille numbers also work, and do not affect a sighted person's use of the microwave.
B. Use potholders under food before you heat it so you don't burn your hands on the plate or bowl.
C. You can make cloth napkins to tuck under bowls to prevent food splatter, which is vital in a food allergy household.

Step 6: Table Top Oven Roaster

A. Depending on your height, this may be safest way to cook when used on an eating table, or a sturdy side table. The food goes down into the roaster, and when done, individual servings can be taken directly from it, allowing it, and the food, a chance to cool safely.
B. Puffy paint, or raised dots, can be used for typical temperature settings.

Step 7: Coffee Pot

A. Safely mark water levels and hold it in front of a contrasting wall color while filling with water.
B. Have a towel handy for spills as you pour the water into back of the coffee pot.

Step 8: Can Openers
Electronic can openers are less work on the wrist.

A. Always stop before the lid comes completely off so you know where it is and don't get cut.
B. Always fold the lid back into the can so it safely goes into the trash, and not onto the floor, or slicing the bag, and potentially your leg.

Step 9: Food Chopper

Some people consider this safer than using a knife. While chopping, perhaps. If you have someone to fill, empty, and wash the blade for you. When washing the blades, it is too easy to be severely cut by one, and not know it.

Step 10: Blender

A. Chop food on a clear glass chopping board, with color contrasting plastic underneath. For instance:
    1. Chop tomatoes over green plastic.
    2. Chop zucchini over red plastic.
B. Be sure the blender lid is on tight before use.
C. Used raised dots or braille symbols to distinguish buttons.

Step 11: Sink (and dirty dish storage)

A. Organize dirty dish pile in a safe pattern on the counter, never in the sink. Sinks rust from wet dishes, and knives are too dangerous in the sink.
B. Knives in the back, pointed away from people.
C. Breakables such as plates, coffee cups, and glass pans, toward the back of the counter.
D. When washing, never place a knife, or blender blade, in the water and let go of it.
E. Always place knives and forks sharp end down in the utensil drainer.

Step 12: Fridge

A. Keep foods organized in a manner that it is easy to recognize a needed item without mixing up two identical containers holding different foods.

B. Use raised dots to indicate where certain items belong.
C. Use brailled cards and rubber bands, or clips, to label food containers. Labels are reusable this way, if not leaked on.
D. Use brightly colored, or special textures to identify either allergen foods, or allergen free foods. For instance, if one member wants a food another is allergic to, use a corduroy tie around it, and the person allergic to the item can easily avoid it.

Step 13: Freezer

A. Keep foods organized in a manner that it is easy to recognize a needed item without mixing up two identical containers holding different foods.
B. Use raised dots to indicate where certain items belong.
C. Use brailled cards and rubber bands, or clips, to label food containers. Labels are reusable this way, if not leaked on.
D. Use brightly colored or special textures to identify either allergen foods, or allergen free foods. For instance, if one member wants a food another is allergic to, use a corduroy tie around it, and the person with allergic to the item can easily avoid it.

Step 14: Identification Ties

A. For the crafty inclined, brightly colored ties can be made for food items. Materials may be brightly colored with or without braille letters. Sometimes, scraps can be bought reasonably and made into ties. Or use strips of old worn out clothes. These are washable and reusable.

Some sample materials:

Corduroy
Fleece
Broadcloth
Silks
Upholstery
Tee shirt
Sweats

If using the above:

1. Cut in a straight line, about 2 inches wide, and different lengths.
2. Sew the long side.
3. Use a safety pin to pull the tube right side out.
4. Sew the ends shut.

Strings of material or yarn can be sewn into the ends of the tubes to further help with identification and attachment of labeled cards.

Another alternative: Braids. Strings may be added as needed.

1. Braids of brightly colored yarn. Certain colors may signify a specific food.
2. Braids of material (any of the above listed materials).
3. A mixed braid of material and yarn.
4. A braid of plastic bags.
5. Plastic bags and a combination of material and/or yarn.

B. Plastic Identification Cards

1. Large marker print. Two holes punched in one end to string a tie through.
2. Braille a plastic card. Punch two holes in one end to string a tie through.

C. Use the above ties with milk jug rings. Wooden craft rings also work.

D. Magnets can be used on cans to distinguish them. Beware: P, may stand for pasta, peas, peaches, pears, or pineapples.

E. Tie miniature jingle bells or cowbells to items that go out of date soon.

F. Add magnets to craft sticks with braille labels to show shelf locations of items. When an item is gone, or almost gone, attach to fridge or freezer for a quick shopping list.

G. Foam craft pieces. Some have stickers. Others can be magnetized. Mostly brightly colored.

H. Pipe cleaners with or without labels.

J. Sometimes in baby shower or birthday sections, there are packs of small items with holes that can be strung like beads and used to identify products.

K. Strings or safety pins of beads. Use combinations, such as wooden beads, and plastic beads of all shapes and sizes. Some come in animal shapes.

Sample Pantry Shopping List

Gluten Free:
Spaghetti
Noodles
Cake Mix
Bisquick
Chicken Noodle Soup
Chicken Wild Rice
Beef Broth
Chicken Broth
Spinach
Turnip Greens
Asparagus

Chili:
Tomato Juice
Diced Tomatoes
Dark Red Kidney Beans
Light Red Kidney Beans
Chili Hot Beans
Pinto Beans
Great Northern Beans

Beans:
Beans with Bacon
Refried Beans
Pork Beans
Baked Beans
Green Beans
Pintos with Onions
Lima Beans
Butter Beans
Vegetables
Diced Potatoes
Whole Potatoes
Sliced Potatoes
Carrots
Peas
Peas and Carrots
Mixed Vegetables

Mushrooms
Corn
Succotash
Sauces
Horseradish Mustard
Spicy Brown Mustard
Yellow Mustard
Ketchup
Ranch Dressing
Italian Dressing
Spaghetti Sauce
Barbecue Sauce
Relish
Mayonnaise

Canned Meats:
Tuna
Chicken
Salmon
Spam

Snacks:
Raisins
Pringles
Potato Chips
Corn Chips
Pretzels
Applesauce

Breakfast:
Pop Tarts
Oatmeal
Cereal
Soy or Almond Milk

Non Gluten Free
(Brand) Chili
Strawberry Jelly
Apricot Jelly

Drinks:
Tea
Coffee - regular
Coffee - flavored
Lemonade

Spice Cabinet:
Onions
Chili Powder
Bacon Bits
Toothpicks
Vanilla

Other:
Kitchen Bags
Outside Bags
Hand Soap
Vegetable Oil
Paper Plates (Large)
Paper Plates (Small)
Plastic Cups
Plastic Bowls
Plastic Spoons
Coffee Filters
Paper Towels
Toilet Paper

Cleaning:
Yellow Gloves
Clear Gloves
Vinegar
Bleach
Dawn
Grey Scrubbers
Yellow and Green Pads
Wood Soap

Bathroom:
Men's Shampoo
Men's Razors
Men's Shaving Cream
Women's Razors

Women's Shaving Cream
Hand Soap
Cleaning Pads
Alcohol
Peroxide
Bandages
Antibiotic Ointment

Desserts

Many people think living gluten free means they can no longer enjoy desserts. This is not true. These days, there are many delicious dessert mixes, and create your own flour mixes to create the perfect desert.

Some cooks choose to buy and mix flours on their own. This requires a lot of chemistry cooking knowledge. There are many websites, and cookbooks with step by step instructions. If you have the time, money, and energy you can learn about the unusual flours used in place of wheat, and make your own mixes.

People with low dexterity often feel like they must buy pre made desserts rather than make their own, or wait on someone to mix and cook it for them. This isn't necessary, either. While some people like to use all kinds of mixers and other electrical tools, many with dexterity problems recognize the additional energy, and time, needed to clean those tools. However, there are ways to make most desserts healthy and accessible, even to those with limited dexterity.

Many people with low vision, or newly blind, feel overwhelmed at the thought of making a dessert. They may be afraid of cutting themselves with a knife, and hurting themselves, or someone else with a tool. And what happens if a mixer blade falls into the cake mix and no one notices until they take a bite? Again, these issues can be overcome. Baking doesn't have to be ultra messy, or dangerous.

Desserts can be fun again!

Cake

Cake is one of the first things a person living gluten free misses. They no longer feel welcome at birthday parties, retirement parties, or weddings. If they do go, someone is sure to stick a piece of gluten filled cake under their nose and say, "A little won't hurt." Even those who make gluten free cakes at home have few choices. They can either pay to have all of the cake at the event be gluten free, go without, or bring a piece from home.

Some people who choose to make gluten free cake make their own flour mixes. Unless you eat a lot of cake, this isn't very practical.

There are now many excellent mixes on the market. Name brands have made their own mixes that people who can eat gluten can't tell apart from the gluten filled version. Some mixes contain unusual flours, like xanthan gum, which may also be an allergen. Use caution, and listen to your body when you try them.

All cakes can be baked and frozen in individual pieces.

Basic Cake

This is the basic gluten free cake mix I used before store bought cake mixes were available. Cornstarch and sugar are vital to the taste and texture. This recipe is almost identical to the one I used for cake mixes while still eating gluten. Mainly, it includes a different flour, and the addition of yeast and cornstarch. This cake mix can be dressed up with nuts, flavors, or colorings (beware of additional nut, flavoring or color allergies). Most people won't know the difference between the flavor and texture of this gluten free cake and a store bought, gluten filled cake.

Pre Cook Preparation:

Meal Adaptations:

Physical Accommodations:

- Electric mixer, or lightly mix and pour into the pan, allowing the baking process to complete mixing
- Large handled measuring cups and spoons
- Large handled mixing spoons

Visual Accommodations:

- Easily identifiable labeled ingredients
- Long oven mitts
- Brightly colored measuring cups, spoons, and bowls

Potential Food Allergy or Intolerance:

- Butter (lactose)
- Eggs
- Flour (gluten)
- Milk (lactose)
- Sugar (diabetics)
- Vanilla Flavor (gluten)

Meatless Preparation Avoid:

- Butter
- Eggs
- Substitute with: _____

Utensils:

- Measuring cups
- 2 Mixing bowls
- Microwave safe cup
- Spoon
- Toothpick (round).
- Pan: 2.5 quart glass baking pan. ***
  - *** Dark glass bakes quicker, so reduce time.
  - *** Aluminum foil pans also bake differently, and may react to acids in certain foods, such as berries.
  - *** Cupcake pans can also be used, and will bake at a different temperature and time. This makes it easier to freeze single serve portions.
    Some recipe sites go into further detail, if needed.

Ingredients:

Meat:

- 4 eggs

Vegetables: None

Other ingredients:

- 1/2 cup of brown sugar
- 1/2 cup butter
- 1 teaspoon cornstarch
- 1 instant pudding box (or self made mix)
- 1/2 cup milk (lactose free)
  - Almond, or
  - Soy
- 1 teaspoon salt
- 2 cups of soy flour
- 1 tablespoon vanilla extract
- 1 cup warm water
- 1/2 cup of white sugar
- 1 packet yeast

Preparation time: 15 minutes

Preparation:

1. Heat 1 cup of water for 1.40 minutes.
2. Pour warm water into mixing bowl and add:
   1 packet yeast
   1/2 cup white sugar
   1/2 cup of milk
   Allow to rise for 10 minutes
3. Add in another mixing bowl:
   1/2 cup of butter (melted)
   1/2 cup of brown sugar
   4 eggs
   1 tablespoon gluten free vanilla
4. Stir well.
5. Grease the bottom of the baking pan lightly with butter.
6. Add to the mixing bowl:
   1 teaspoon of cornstarch
   1 box of instant pudding mix
   1 teaspoon of salt
   2 cups of soy flour
   1 yeast mixture
7. Mix thoroughly.
8. Pour into greased pan.
9. Place greased pan in oven at 350 degrees. Set timer for the minimum specified time.
10. Use a clean toothpick to verify doneness of the cake in the middle and the edges. It should come out clean.
11. Allow cake to cool slightly before dumping onto a clean plate.
12. Lightly coat in icing, if desired.

Cook Temperature: 350 degrees (Varies based on pan choice and elevation for those in the mountains.)

Your temperature here: _____

Cook Time: 30 to 45 minutes, based on pan choice and elevation.

Your bake time here: _____

Servings: About 10

Storage Solutions: Square containers in individual servings

- **Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer**
- **Fridge safe: 3 to 4 days * Per What's Cooking America Storage Chart link in Resources**
- **Freezer safe: 4 to 6 months * Per What's Cooking America Storage Chart link in Resources**

Reheat Instructions: (Good for quick thawing).

Microwave: Time and temp may vary.

1. **Place in a microwave safe dish (not plastic).**
2. **Heat until food is warm.**
3. **Minimum 30 seconds.**
   Add your microwave time here: _____.

Chocolate Cake

Chocolate cake is common at events. Once, chocolate icing was used to cover up the odd flavors of the flours used in some cake mixes. This is no longer necessary. When I first made cakes, I enjoyed making spiral cakes. I would use a yellow or white cake mix, and just pouring into baking pan, I would lightly stir chocolate syrup throughout. That made tasty, and pretty decorations from a simple cake mix. I've also made chocolate cake from scratch, though it's been a few decades. Cocoa powder mixed in with regular cake flour adds flavor, and the chocolatey color.

Pre Cook Preparation:

Meal Adaptations:

Physical Accommodations:

- Electric mixer, or lightly mix and pour into the pan, allowing the baking process to complete mixing
- Large handled measuring cups and spoons
- Large handled mixing spoons

Visual Accommodations:

- Easily identifiable labeled ingredients
- Long oven mitts
- Brightly colored measuring cups, spoons, and bowls

Potential Food Allergy or Intolerance:

- Butter (lactose)
- Eggs
- Flour (gluten)
- Milk (lactose)
- Sugar (diabetics)
- Vanilla Flavor (gluten)

Meatless Preparation Avoid:

- Butter
- Eggs
- Substitute with: _____

Utensils:
- Measuring cups
- 2 Mixing bowls
- Microwave safe cup
- Spoon
- Toothpick (round)
- Pan: 2.5 quart glass baking pan. ***
  - *** Dark glass bakes quicker, so reduce time.
  - *** Aluminum foil pans also bake differently and may react to acids in certain foods, such as berries.
  - *** Cupcake pans can also be used, and will bake at a different temperature and time. This makes it easier to freeze single serve portions.
    Some recipe sites go into further detail, if needed.

Ingredients:

Meat: None

Vegetables: None

Other ingredients:
- 1 cake mix (gluten free)
  - Verify ingredients:
    - 1/2 cup of butter (1 stick)
    - 3 eggs
    - 2/3 cup of milk (lactose free)
      - Almond, or
        - Soy
  - 2 tablespoons vanilla (gluten free)
- 1 batch of icing
- Dash of salt
- 1 tablespoon of sugar
  - Optional:
    - Chocolate syrup

Preparation time: 15 minutes

Preparation:

1. Melt butter in microwave safe cup for 20 to 30 seconds.
2. Mix in medium mixing bowl:
   1/2 cup butter
   3 eggs
   2/3 cup of milk
   2 tablespoons gluten free vanilla
3. Grease the bottom of the baking pan lightly with butter.
4. Add the flour mixture to the eggs, vanilla, butter, and milk. Mix thoroughly.
5. Add optional chocolate syrup, if desired. Mix lightly.
6. Pour into greased pan.
7. Place greased pan in oven at 350 degrees. Set timer for the minimum specified time.
8. Use a clean toothpick to verify doneness of the cake in the middle and the edges. It should come out clean.
9. Allow cake to cool slightly before dumping onto a clean plate.
10. Lightly coat in icing.

Cook Temperature: 350 degrees (Varies based on pan choice and elevation for those in the mountains.)

Your temperature here: _____

Cook Time: 30 to 45 minutes, based on pan choice and elevation.

Your bake time here: _____

Servings: About 10

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per What's Cooking America Storage Chart link in Resources

Freezer safe: 4 to 6 months * Per What's Cooking America Storage Chart link in Resources

Reheat Instructions: (Good for quick thawing)

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is warm.
3. Minimum 30 seconds.
   Add your microwave time here: _____.

Pudding Cake

Pudding cake can be made in multiple ways. The original way was to add a pudding mix to the cake recipe above, or make your own dry pudding mix. Recipe is in the pudding section. The second way can include this addition, as well as making a batch of cook pudding to use as icing. The third way is even more delicious. It includes cake, pudding, and fruit. The cook recipes are more involved and yield more servings. This will be a basic pudding cake recipe, with regular icing. See Pudding section for cook pudding recipe to use as icing.

Pre Cook Preparation:

Meal Adaptations:

Physical Accommodations:

- Electric mixer, or lightly mix and pour into the pan, allowing the baking process to complete mixing
- Large handled measuring cups and spoons
- Large handled mixing spoons

Visual Accommodations:

- Easily identifiable labeled ingredients
- Long oven mitts
- Use brightly colored measuring cups, spoons, and bowls

Potential Food Allergy or Intolerance:

- Butter (lactose)
- Eggs
- Flour (gluten)
- Milk (lactose)
- Sugar (diabetics)
- Vanilla Flavor (gluten)

Meatless Preparation Avoid:

- Butter
- Eggs
- Substitute with: _____

Utensils:

- Measuring cups
- 2 Mixing bowls
- Microwave safe cup
- Spoon
- Toothpick (round)
- Pan: 2.5 quart glass baking pan. ***
  - *** Dark glass bakes quicker, so reduce time.
  - *** Aluminum foil pans also bake differently, and may react to acids in certain foods, such as berries.
  - *** Cupcake pans can also be used and will bake at a different temperature and time. This makes it easier to freeze single serve portions.
    Some recipe sites go into further detail, if needed.

Ingredients:

- Meat: None
- Vegetables: None
- Other ingredients:
  - 1 cake mix (gluten free)
    - Verify specific ingredients:
      - 1/2 cup of butter (1 stick)
      - 2/3 cup of milk (lactose free)
        - Almond, or
        - Soy
      - 3 eggs
      - 2 tablespoons vanilla (gluten free)
  - 1 pudding mix, (choice of vanilla or chocolate) **
  - Dash of salt
    - ** Dry pudding mix for cake mix - 3/4 cup of white sugar

Preparation time: 15 minutes

Preparation:

1. Melt butter in microwave for 20 to 30 seconds.
2. Mix in medium mixing bowl:
   1/2 cup butter
   3 eggs
   2/3 cup of milk
   1 pudding, mix in medium mixing bowl
   2 tablespoons gluten free vanilla
3. Grease the bottom of the baking pan lightly with butter.
4. Add the flour mixture to the eggs, vanilla, butter, and milk. Mix thoroughly.
5. Pour into greased pan.
6. Place greased pan in oven at 350 degrees. Set timer for the minimum specified time.
7. Use a clean toothpick to verify doneness of the cake in the middle and the edges. It should come out clean.
8. Allow cake to cool slightly before dumping onto a clean plate.
9. Lightly coat in icing.

   Optional: If using cook pudding for icing:
   1. Follow cook pudding recipe.
   2. Allow pudding to cool for 3 or 4 minutes to almost form a skim on top before pouring carefully onto the cake.

Cook Temperature: 350 degrees (Varies based on pan choice and elevation for those in the mountains.)
Your temperature here: _____

Cook Time: 30 to 45 minutes, based on pan choice and elevation.
Your bake time here: _____

Servings: About 10

Storage Solutions: Square containers in individual servings
Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer
Fridge safe: 3 to 4 days * Per What's Cooking America Storage Chart link in Resources
Freezer safe: 4 to 6 months * Per What's Cooking America Storage Chart link in Resources

Reheat Instructions: (Good for quick thawing)

Microwave: Time and temp may vary.

1. **Place in a microwave safe dish (not plastic).**
2. **Heat until food is warm.**
3. **Minimum 30 seconds.**
   Add your microwave time here: _____.

Strawberry Pudding Cake

A summertime favorite. Best while still warm. A tasty way to use a damaged fallen cake smothered in whipped cream. Fresh or frozen strawberries can be used. Wash the strawberries well, and slice into small portions. However, due to the pudding, it doesn't freeze well. Bake and save as cupcakes, which can be crumbled, covered with strawberries, and half of a cook pudding recipe. Strawberry pudding cake tastes best a day or two after it is created. The strawberry juices soak into the cake and leave a trail of pink across the vanilla pudding, topped by cream.

Pre Cook Preparation:

Meal Adaptations:

Physical Accommodations:

- Electric mixer, or lightly mix and pour into the pan, allowing the baking process to complete mixing
- Large handled measuring cups and spoons
- Large handled mixing spoons

Visual Accommodations:

- Easily identifiable labeled ingredients
- Long oven mitts
- Use brightly colored measuring cups, spoons, and bowls

Potential Food Allergy or Intolerance:

- Butter (lactose)
- Eggs
- Flour (gluten)
- Milk (lactose)
- Strawberries (diverticulitis, fructose)
- Sugar
- Vanilla Flavor (gluten)

Meatless Preparation Avoid:

- Butter
- Eggs
- Substitute with: _____

Utensils:
- Measuring cups
- 2 Mixing bowls
- Microwave safe cup
- Spoon
- Toothpick (round)
- Pan: 2.5 quart glass baking pan. ***
  - *** Dark glass bakes quicker, so reduce time.
  - *** Aluminum foil pans also bake differently and may react to acids in certain foods, such as berries.
  - *** Cupcake pans can also be used and will bake at a different temperature and time. This makes it easier to freeze single serving portions.
    Some recipe sites go into further detail, if needed.

Ingredients:

Meat: None

Vegetables: None

Other ingredients:
- 1 cake mix (gluten free)
  - Verify ingredients:
    - 1/2 cup of butter (1 stick)
    - 3 eggs
    - 1 dry pudding mix (vanilla)
    - 2/3 cup of milk (lactose free)
      - Almond, or
        - Soy
  - 1 tablespoon of sugar
  - 2 tablespoons vanilla (gluten free)
- 2 batches of cook pudding mix
- Dash of salt
- 2 cups of sliced strawberries (fresh or frozen)
  - Optional:
    - Whipped topping

Preparation time: 15 minutes

Preparation:

Part 1:

1. Melt butter in microwave for 20 to 30 seconds.
2. Mix in medium mixing bowl:
   1/2 cup butter
   3 eggs
   2/3 cup of milk
   2 tablespoons gluten free vanilla
3. Grease the bottom of the baking pan lightly with butter.
4. Add the flour mixture to the eggs, vanilla, butter, and milk. Mix thoroughly.
5. Pour into greased pan.
6. Place greased pan in oven at 350 degrees. Set timer for the minimum specified time.
7. Use a clean toothpick to verify doneness of the cake in the middle, and the edges. It should come out clean.

Part 2: (may be performed by a second person).

1. Wash and slice 2 cups of strawberries.
2. Break up cake into bite sized pieces in an aluminum foil, or glass pan.
   Cooked pudding may melt plastic.
3. Sprinkle sliced strawberries onto cake.

Part 3:

1. Follow cook pudding recipe.
2. Pour hot cooked pudding over top of cake and strawberries.
3. Allow to cool.
4. Add whipped topping if desired.
   May be added to individual servings only.

Cook Temperature: 350 degrees (Varies based on pan choice and elevation for those in the mountains.)

Your temperature here: _____

Cook Time: 30 to 45 minutes, based on pan choice and elevation.

Your bake time here: _____

Servings: About 10

Storage Solutions: Glass or aluminum pan

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per What's Cooking America Storage Chart link in Resources

Freezer safe: 4 to 6 months * Per What's Cooking America Storage Chart link in Resources

Reheat Instructions: (Good for quick thawing).

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is warm.
3. Minimum 30 seconds.
   Add your microwave time here: _____.

Strawberry Banana Pudding Cake

Strawberry banana cake is a new summer favorite. There is a different texture and taste, almost closer to banana pudding with strawberries sprinkled in. I started making these mixtures when gluten free banana pudding cookies disappeared from store shelves. I have since found a recipe for making my own banana pudding cookies. That just adds an extra day to the process of making the banana pudding, so I am more likely to just make a banana pudding cake. Other berries, such as blueberries and blackberries, can be used in place of strawberries. A taste of spring is never far away.

Pre Cook Preparation:

Meal Adaptations:

Physical Accommodations:

- Electric mixer, or lightly mix and pour into the pan, allowing the baking process to complete mixing
- Large handled measuring cups and spoons
- Large handled mixing spoons

Visual Accommodations:

- Easily identifiable labeled ingredients
- Long oven mitts
- Use brightly colored measuring cups, spoons, and bowls

Potential Food Allergy or Intolerance:

- Bananas (fructose)
- Blackberries (diverticulitis, fructose)
- Blueberries (diverticulitis, fructose)
- Butter (lactose)
- Eggs
- Flour (gluten)
- Milk (lactose)
- Strawberries (diverticulitis, fructose)
- Vanilla Flavor (gluten)

Meatless Preparation Avoid:

- Butter
- Eggs
- Substitute with: _____

Utensils:
- Measuring cups
- 2 Mixing bowls
- Microwave safe cup
- Spoon
- Toothpick (round)
- Pan: 2.5 quart glass baking pan. ***
  - *** Dark glass bakes quicker, so reduce time.
  - *** Aluminum foil pans also bake differently and may react to acids in certain foods, such as berries.
  - *** Cupcake pans can also be used, and will bake at a different temperature and time. This makes it easier to freeze single serving portions.
    Some recipe sites go into further detail, if needed.

Ingredients:

Meat: None

Vegetables: None

Other ingredients:
- 1 cake mix (gluten free)
  - Verify ingredients:
    - 1/2 cup of butter (1 stick)
    - 3 eggs
    - 2/3 cup of milk (lactose free)
      - Almond, or
        - Soy
    - 1 dry pudding mix (vanilla)
    - 1 tablespoon of sugar
    - 2 tablespoons vanilla (gluten free)
- 2 cups of sliced bananas (fresh or frozen)
- 2 batches of cook pudding mix
- Dash of salt
- 2 cups of sliced strawberries (fresh or frozen)
  - Optional:
    - 2 cups of blueberries (replacement for strawberries or bananas)
    - 2 cups of blackberries (replacement for strawberries or bananas)
    - Whipped topping

Preparation time: 15 minutes

Preparation:

Part 1:

1. **Melt butter in microwave for 20 to 30 seconds.**
2. **Mix in medium mixing bowl:**
   1/2 cup butter
   3 eggs
   2/3 cup of milk
   2 tablespoons gluten free vanilla
3. **Grease the bottom of the baking pan lightly with butter.**
4. **Add the flour mixture to the eggs, vanilla, butter, and milk. Mix thoroughly.**
5. **Pour into greased pan.**
6. **Place greased pan in oven at 350 degrees. Set timer for the minimum specified time.**
7. **Use a clean toothpick to verify doneness of the cake in the middle and the edges. It should come out clean.**

Part 2: (may be performed by a second person).

1. **Wash and slice 2 cups of strawberries.**
   Optionally:
   2 cups of blackberries, or
   2 cups of blueberries
2. **Slice bananas.**
3. **Break up cake into bite sized pieces in an aluminum foil, or glass pan.**
   Important: Cooked pudding may melt plastic.
4. **Sprinkle onto cake:**
   2 cups of sliced bananas
   2 cups of sliced strawberries
   Optionally:
   2 cups of blackberries, or
   2 cups of blueberries

Optional:

If using other berries in addition to, placing in a glass salad bowl will make a colorful display of a delicious dessert.

Part 3:

1. **Follow cooked pudding recipe.**
2. **Pour hot cooked pudding over top of cake and strawberries.**
3. **Allow to cool.**
4. **Add whipped topping, if desired.**
   May be added to individual servings only, if desired.

Cook Temperature: 350 degrees (Varies based on pan choice and elevation for those in the mountains.)

Your temperature here: _____

Cook Time: 30 to 45 minutes, based on pan choice and elevation.

Your bake time here: _____

Servings: About 10

Storage Solutions: Glass or aluminum pan

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per What's Cooking America Storage Chart link in Resources

Freezer safe: 4 to 6 months * Per What's Cooking America Storage Chart link in Resources

Reheat Instructions: (Good for quick thawing).

Microwave: Time and temp may vary.

1. **Place in a microwave safe dish (not plastic).**
2. **Heat until food is warm.**
3. **Minimum 30 seconds.**
   Add your microwave time here: _____.

Cookies

Cookies are one of the first desserts a child learns to make. Perhaps because the ingredients are simple, and it's easier for them to stir the mixtures, than for the arthritic hands of the adult they live with.

There are many kinds of cookies. The most common cookies are made of wheat or gluteny flours. Not all types of cookies are reproducible in gluten free versions, due to the flour type required. Also, some people have to avoid some other common cookie ingredients, particularly spices and nuts.

There are many gluten free cookies available in stores now. There are also cookie mixes that can be made to various specifications. Premixed freezer cookie mixes for chocolate chip cookies are a new item, and just as good as the gluteny versions.

Low dexterity and low vision do not have to affect the ability to design, make, and bake cookies. Fluctuating vision can make it difficult, though not impossible.

The three recipes included are a sample beginning trio. Almost any recipe can be adapted. Enjoy creatively baking cookies.

Basic Sugar Cookies

Sugar cookies are the simplest cookies to make. A timeless classic enjoyed by itself, or with ice cream and whipped cream. Most cookie recipes are based on adaptations of the basic recipe. For gluten free this is no different. For people who are diabetic and gluten free, these recipes can be a challenge. A little extra sugar is often added to improve the taste of gluten free flours. Some websites cover baking gluten and sugar free. Alternatives to cookies, such as peanut butter candy, are included in this cookbook.

Pre Cook Preparation:

A. Timer set to the time to begin preparation prior to cooking
B. Timer set for 1 hour later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

Electric mixer, or lightly mix and pour into the pan, allowing the baking process to complete mixing
Large handled measuring cups and spoons
Large handled mixing spoons

Visual Accommodations:

Easily identifiable labeled ingredients
Long oven mitts
Use brightly colored measuring cups, spoons, and bowls

Potential Food Allergy or Intolerance:

Butter (lactose)
Eggs
Flour (gluten)
Milk (lactose)
Sugar (diabetics)
Vanilla Flavor (gluten)

Meatless Preparation Avoid:

Butter
Eggs
Milk
Substitute with: _____

Utensils:
- Measuring cups
- 2 Mixing bowls
- Microwave safe cup
- Spoon
- Toothpick (round)
- Pan: 2.5 quart glass baking pan. ***
  - *** Dark glass bakes quicker, so reduce time.
  - *** Aluminum foil pans also bake differently, and may react to acids in certain foods, such as berries.
  - *** Cupcake pans can also be used, and will bake at a different temperature and time. This makes it easier to freeze single serve portions.
    Some recipe sites go into further detail, if needed.

Ingredients:

Meat: None

Vegetables: None

Other ingredients:
- 1 3/4 cup of cookie mix (gluten free).
  - Verify ingredients:
    - 1/2 cup of butter (1 stick)
    - 3 eggs
    - 1 tablespoons vanilla (gluten free)
- 1 cup of brown sugar
- Dash of salt

Preparation time: 15 minutes

Preparation:
1. Melt butter in microwave safe cup for 20 to 30 seconds.
2. Mix in medium mixing bowl:
   - 1/2 cup butter
   - 3 eggs
   - 1 tablespoon gluten free vanilla.
3. Grease the bottom of the baking pan lightly with butter.
4. Add the flour mixture to the eggs, vanilla, and butter. Mix thoroughly.
5. Spoon onto greased pan.
6. Place greased pan in oven at 350 degrees.

7. Set timer for about 13 minutes.
8. Use a clean toothpick to verify doneness of the cookies in the middle and on the edges. It should come out clean.
9. Allow cookies to cool slightly before removing from the pan.

Cook Temperature: 350 degrees (Varies based on pan choice and elevation for those in the mountains.)
Your temperature here: _____

Cook Time: 13 to 15 minutes, based on pan choice and elevation.
Your bake time here: _____

Servings: About 10

Storage Solutions: Round containers
Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer
Fridge safe: 3 to 4 days * Per What's Cooking America Storage Chart link in Resources
Freezer safe: 4 to 6 months * Per What's Cooking America Storage Chart link in Resources

Reheat Instructions: (Good for quick thawing).

Microwave: Time and temp may vary.
1. Place in a microwave safe dish (not plastic).
2. Heat until food is warm.
3. Minimum 30 seconds.
Add your microwave time here: _____.

Chocolate Chip Cookies

Chocolate chip cookies are often eaten warm and dunked in milk. This is a tradition that can continue while living gluten free. These cookies can baked and frozen, or later crumbled over ice cream. Create new traditions around the gluten free lifestyle, and no one will know the difference, certainly not in the taste of the cookies. The basic cookie recipe makes enough to have cookies for the entire summer. Freeze and enjoy a few each week, or split the dough into smaller bowls to make a large variety of flavors, pans of chocolate chip, peanut butter, and nut cookies.

Pre Cook Preparation:

A. Timer set to the time to begin preparation prior to cooking
B. Timer set for 1 hour later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

Electric mixer, or lightly mix and pour into the pan, allowing the baking process to complete mixing
Large handled measuring cups and spoons
Large handled mixing spoons

Visual Accommodations:

Easily identifiably labeled ingredients
Long oven mitts
Use brightly colored measuring cups, spoons, and bowls

Potential Food Allergy or Intolerance:

Butter (lactose)
Chocolate chips
Eggs
Flour (gluten)
Milk (lactose)
Sugar (diabetics)
Vanilla Flavor (gluten)

Meatless Preparation Avoid:

Butter
Eggs
Milk
Substitute with: _____

Utensils:
- Measuring cups
- 2 Mixing bowls
- Microwave safe cup
- Spoon
- Toothpick (round)
- Pan: 2.5 quart glass baking pan. ***
  - *** Dark glass bakes quicker, so reduce time.
  - *** Aluminum foil pans also bake differently and may react to acids in certain foods, such as berries.
  - *** Cupcake pans can also be used, and will bake at a different temperature and time. This makes it easier to freeze single serve portions.
    Some recipe sites go into further detail if needed.

Ingredients:

Meat: None

Vegetables: None

Other ingredients:
- 1/4 cup of brown sugar
- 1 cup of chocolate chips (gluten free)
- 1 3/4 cup of cookie mix (gluten free)
  - Verify ingredients:
    - 1/2 cup of butter (1 stick)
    - 3 eggs
    - 1 tablespoon vanilla (gluten free)
- Dash of salt

Preparation time: 15 minutes

Preparation:
1. Melt butter in microwave safe cup for 20 to 30 seconds.
2. Mix in medium mixing bowl:
   - 1/2 cup butter
   - 3 eggs
   - 1 tablespoon gluten free vanilla
3. Grease the bottom of the baking pan lightly with butter.

4. Add the flour mixture and 1 cup chocolate chips to the eggs, vanilla, and butter. Mix thoroughly.
5. Spoon onto greased pan.
6. Place greased pan in oven at 350 degrees.
7. Set timer for about 13 minutes.
8. Use a clean toothpick to verify doneness of the cookies in the middle, and on the edges. It should come out clean.
9. Allow cookies to cool slightly before removing from the pan.

Cook Temperature: 350 degrees (Varies based on pan choice and elevation for those in the mountains.)

Your temperature here: _____

Cook Time: 13 to 15 minutes, based on pan choice and elevation.

Your bake time here: _____

Servings: About 10

Storage Solutions: Round containers

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per What's Cooking America Storage Chart link in Resources

Freezer safe: 4 to 6 months * Per What's Cooking America Storage Chart link in Resources

Reheat Instructions: (Good for quick thawing)

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is warm.
3. Minimum 30 seconds.

Add your microwave time here: _____.

Peanut Butter Cookies

Peanut butter cookies are another favorite that may be healthier than chocolate chip. Soft and chewy peanut butter cookies were always my favorite. Some people like them baked hard and dry so that the cookies crunch, or have to be soaked in milk. The softness or hardness of the cookies is affected by a combination of the specific ingredients, humidity, room temperature, baking temperature, type of pan, and baking time. Whichever kind is preferred, try a few ways and keep track of the specific mix, temperatures, humidity, pans used, and how well they match the required softness or hardness. ***

*** Do not give peanut butter cookies to a child who has not been tested for peanut allergy.

Pre Cook Preparation:

A. Timer set to the time to begin preparation prior to cooking
B. Timer set for 1 hour later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

- Electric mixer, or lightly mix and pour into the pan, allowing the baking process to complete mixing
- Large handled measuring cups and spoons
- Large handled mixing spoons

Visual Accommodations:

- Easily identifiable labeled ingredients
- Long oven mitts
- Brightly colored measuring cups, spoons, and bowls

Potential Food Allergy or Intolerance:

- Brown sugar (diabetics)
- Butter (lactose)
- Eggs
- Flour (gluten)
- Milk (lactose)
- Peanut butter
- Sugar (diabetics)
- Vanilla Flavor (gluten)

Meatless Preparation Avoid:
Butter
Eggs
Milk
Substitute with: _____

Utensils:
Measuring cups
2 Mixing bowls
Microwave safe cup
Spoon
Toothpick (round).
Pan: 2.5 quart glass baking pan. ***
*** Dark glass bakes quicker, so reduce time.
*** Aluminum foil pans also bake differently and may react to acids in certain foods, such as berries.
*** Cupcake pans can also be used and will bake at a different temperature and time. This makes it easier to freeze single serve portions.
Some recipe sites go into further detail, if needed.

Ingredients:

Meat: None

Vegetables: None

Other ingredients:
1 3/4 cup of cookie mix (gluten free)
Verify ingredients:
1/4 cup of brown sugar
1/2 cup of butter (1 stick)
3 eggs
1 tablespoon vanilla (gluten free)
1 cup of peanut butter (peanut butter chips will work)
Dash of salt

Preparation time: 15 minutes

Preparation:

1. Melt butter in microwave for 20 to 30 seconds.
2. Mix in medium mixing bowl:
   1/2 cup butter
   3 eggs
   1 cup of peanut butter
   1 tablespoon gluten free vanilla
3. Grease the bottom of the baking pan lightly with butter.
4. Add the flour mixture to the eggs, vanilla, and butter. Mix thoroughly.
5. Spoon onto greased pan.
6. Place greased pan in oven at 350 degrees.
7. Set timer for about 13 minutes.
8. Use a clean toothpick to verify doneness of the cookies in the middle and on the edges. It should come out clean.
9. Allow cookies to cool slightly before removing from the pan.

Cook Temperature: 350 degrees (Varies based on pan choice and elevation for those in the mountains.)

Your temperature here: _____

Cook Time: 13 to 15 minutes, based on pan choice and elevation.

Your bake time here: _____

Servings: About 10

Storage Solutions: Round containers

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per What's Cooking America Storage Chart link in Resources

Freezer safe: 4 to 6 months * Per What's Cooking America Storage Chart link in Resources

Reheat Instructions: (Good for quick thawing)

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is warm.
3. Minimum 30 seconds.
   Add your microwave time here: _____.

Brownies

There is not a whole lot of difference in ingredients between cookies and brownies. Brownies tend be poured into a pan about 1 to 1.5 inches thick of mix (when baked). They tend to be softer than cookies, and cut into 1.5 inch squares.

I used to make my own brownie mixes. I have tried to make a brownie mix with gluten free cookie or flour mixes. Something is missing. The taste and texture are off.

It is possible to prepare a brownie mix and treat it like fudge in one sense. Have three small aluminum foil pans. In each, prepare either 1/3 cup of chopped nuts, or 1/3 cup of your favorite flavored chips (chocolate, butterscotch, or peanut butter). Pour the mixture in, and slightly stir each one. Place on a solid aluminum pan and bake. Adjust time and temperature as needed.

Brownies shelf life is shorter than that of cookies, due to their higher moisture content. In high humidity, store them in the fridge. Frozen brownies can be thawed and crumbled over ice cream.

Butterscotch Brownies

Butterscotch brownies bring a delightful aroma to the home while baking them. They create a soft brownie that melts on the tongue. These are delicious when warmed with vanilla ice cream on the side. Butterscotch pieces do not have to be melted before mixing or baking. Chopped walnuts or pecans can be added, though are not necessary. Butterscotch Brownies pair well with other desserts when taken to public gatherings. One benefit, you don't have to worry about the container falling on the side and dumping the contents into the lid. If they freeze in winter temperatures, they can be melted quickly in the microwave.

Pre Cook Preparation:

A. Timer set to the time to begin preparation prior to cooking
B. Timer set for 1 hour later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

- Electric mixer, or lightly mix and pour into the pan, allowing the baking process to complete mixing
- Large handled measuring cups and spoons
- Large handled mixing spoons

Visual Accommodations:

- Easily identifiable labeled ingredients
- Long oven mitts
- Use brightly colored measuring cups, spoons, and bowls

Potential Food Allergy or Intolerance:

- Butter (lactose)
- Brown sugar (diabetics)
- Eggs
- Flour (gluten)
- Pecans
- Sugar (diabetics)
- Vanilla Flavor (gluten)
- Walnuts

Meatless Preparation Avoid:

- Butter
- Eggs
- Substitute with: _____

Utensils:
- Measuring cups
- 2 Mixing bowls
- Microwave safe cup
- Spoon
- Toothpick (round)
- Pan: 2.5 quart glass baking pan. ***
  - *** Dark glass bakes quicker, so reduce time.
  - *** Aluminum foil pans also bake differently, and may react to acids in certain foods, such as berries.
  - *** Cupcake pans can also be used, and will bake at a different temperature and time. This makes it easier to freeze single serve portions.
    Some recipe sites go into further detail if needed.

Ingredients:

Meat: None

Vegetables: None

Other ingredients:
- 1 cup baking mix (gluten free)
  - Verify ingredients:
    - 1 cup of brown sugar
    - 1 teaspoon baking powder
    - 1/4 cup of butter (1/2 stick)
    - 2 eggs
    - 1/2 teaspoon vanilla (gluten free)
- 1 cup of butterscotch bits
- Dash of salt
  - Optional:
    - 1/2 cup of chopped pecans, or
      - 1/2 cup of chopped walnuts

Preparation time: 15 minutes

Preparation:

1. Melt butter in microwave for 20 to 30 seconds.
2. Mix in medium mixing bowl:
   1 cup baking mix (gluten free)
      Verify ingredients:
         1 cup of brown sugar
         1 teaspoon baking powder
         1/4 cup of butter (1/2 stick)
         2 eggs
         1/2 teaspoon vanilla (gluten free)
   Dash of salt
3. Grease the bottom of the 2.5 quart glass baking pan lightly with butter.
4. Add to mixing bowl:
   1 cup of butterscotch bits
      Optional:
         1/2 cup of chopped pecans, or
            1/2 cup of chopped walnuts
5. Mix thoroughly.
6. Pour into greased pan.
7. Place greased pan in oven at 350 degrees. Set timer for about 13 minutes.
8. Use a clean toothpick to verify doneness of the cookies in the middle and on the edges. It should come out clean.
9. Allow brownies to cool slightly before cutting and removing from the pan.

Cook Temperature: 350 degrees (Varies based on pan choice and elevation for those in the mountains.)
   Your temperature here: _____

Cook Time: 20 to 25 minutes, based on pan choice and elevation.
   Your bake time here: _____

Servings: About 15

Storage Solutions: Square containers

- **Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer**
- **Fridge safe: 3 to 4 days * Per What's Cooking America Storage Chart link in Resources**
- **Freezer safe: 4 to 6 months * Per What's Cooking America Storage Chart link in Resources**

Reheat Instructions: (Good for quick thawing)

Microwave: Time and temp may vary.

1. **Place in a microwave safe dish (not plastic).**
2. **Heat until food is warm.**
3. **Minimum 30 seconds.**
   Add your microwave time here: _____.

Brownies and Cream

Way back when I found the first gluten free brownie mix, I had missed a certain cookie more than anything. What better to do than make my own. I would bake a batch of brownies from the mix and crumble them into whipped topping and stir. I'd eat until I'd make myself sick. Now, of course, for $5.00 a pack, I can buy those favorite cookies, and no longer have to make my own. They aren't the same name brand, though they taste the same. This recipe is remembered in case the company quits making them, as happens occasionally.

Pre Cook Preparation:
- A. Timer set to the time to begin preparation prior to cooking
- B. Timer set for 1 hour later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:
- Electric mixer, or lightly mix and pour into the pan, allowing the baking process to complete mixing
- Large handled measuring cups and spoons
- Large handled mixing spoons

Visual Accommodations:
- Easily identifiable labeled ingredients
- Long oven mitts
- Use brightly colored measuring cups, spoons, and bowls

Potential Food Allergy or Intolerance:
- Butter (lactose)
- Brown sugar (diabetics)
- Eggs
- Flour (gluten)
- Sugar (diabetics)
- Vanilla Flavor (gluten)

Meatless Preparation Avoid:
- Butter
- Eggs
- Substitute with: _____

Utensils:
- Measuring cups
- 2 Mixing bowls
- Microwave safe cup
- Spoon
- Toothpick (round)
- Pan: 2.5 quart glass baking pan. ***
  - *** Dark glass bakes quicker, so reduce time.
  - *** Aluminum foil pans also bake differently and may react to acids in certain foods, such as berries.
  - *** Cupcake pans will bake at a different temperature and time. This makes it easier to freeze single serve portions. Some recipe sites go into further detail, if needed.

Ingredients:

Meat: None

Vegetables: None

Other ingredients:
- 1 brownie mix (gluten free)
  - Verify ingredients:
    - 1/2 cup of butter (1 stick)
    - 3 eggs
    - 1 tablespoon vanilla (gluten free)
- 1/4 cup of brown sugar
- Dash of salt
- Whipped topping (after cooling)

Preparation time: 15 minutes

Preparation:

Part 1:
1. Melt butter in microwave for 20 to 30 seconds.
2. Mix in medium mixing bowl:
   - 1 cup baking mix (gluten free)
     - Verify ingredients:
       - 1/4 cup of brown sugar
       - 1/2 cup of butter (1 stick)
       - 3 eggs
       - 1 tablespoon vanilla (gluten free)
   - Dash of salt

3. Grease the bottom of the 2.5 quart glass baking pan lightly with butter.
4. Mix thoroughly.
5. Pour into greased pan.
6. Place greased pan in oven at 350 degrees. Set timer for about 13 minutes.
7. Use a clean toothpick to verify doneness of the cookies in the middle and on the edges. It should come out clean.
8. Allow brownies to cool slightly before cutting and removing from the pan.

Part 2:
1. Crumble 1 or 2 cooled brownies into a bowl.
2. Scoop whipped topping into the bowl.
3. Stir.
4. Enjoy!

Cook Temperature: 350 degrees (Varies based on pan choice and elevation for those in the mountains.)
Your temperature here: _____

Cook Time: 20 to 25 minutes, based on pan choice and elevation.
Your bake time here: _____

Servings: About 10

Storage Solutions: Square containers.
Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer
Fridge safe: 3 to 4 days * Per What's Cooking America Storage Chart link in Resources
Freezer safe: 4 to 6 months * Per What's Cooking America Storage Chart link in Resources

Reheat Instructions: (Good for quick thawing)

Microwave: Time and temp may vary.
1. Place in a microwave safe dish (not plastic).
2. Heat until food is warm.
3. Minimum 30 seconds.
Add your microwave time here: _____.

Chocolate Chip Brownies

Chocolate chip brownies are more common than butterscotch or peanut butter brownies. The chocolate chips do not have to be melted. They melt as the brownies bake. Most store bought gluten free brownie mixes are chocolate chip flavored. Their flavor and texture is only slightly different than the old fashioned gluten filled brownies. These can be good broken up and sprinkled on gluten free, lactose free, vanilla ice cream for a taste of chocolate chip ice cream. Easy to mix, bake, and enjoy. Tasty with or without chopped pecans and walnuts. Frozen ones can be bought in some grocery stores.

Pre Cook Preparation:

A. Timer set to the time to begin preparation prior to cooking
B. Timer set for 1 hour later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

- Electric mixer, or lightly mix and pour into the pan, allowing the baking process to complete mixing
- Large handled measuring cups and spoons
- Large handled mixing spoons

Visual Accommodations:

- Easily identifiable labeled ingredients
- Long oven mitts
- Brightly colored measuring cups, spoons, and bowls

Potential Food Allergy or Intolerance:

- Butter (lactose)
- Eggs
- Flour (gluten)
- Milk (lactose)
- Sugar (diabetics)
- Vanilla Flavor (gluten)

Meatless Preparation Avoid:

- Butter
- Eggs
- Milk
- Substitute with: _____

Utensils:

- Measuring cups
- 2 Mixing bowls
- Microwave safe cup
- Spoon
- Toothpick (round)
- Pan: 2.5 quart glass baking pan. ***
  - *** Dark glass bakes quicker, so reduce time.
  - *** Aluminum foil pans also bake differently and may react to acids in certain foods, such as berries.
  - ***Cupcake pans can also be used and will bake at a different temperature and time. This makes it easier to freeze single serve portions.
    Some recipe sites go into further detail, if needed.

Ingredients:

Meat: None

Vegetables: None

Other ingredients:

- 1 cup baking mix (gluten free)
  - Verify ingredients:
    - 1 teaspoon baking powder
    - 1/4 cup of butter (1/2 stick)
    - 2 eggs
    - 1/2 teaspoon vanilla (gluten free)
- 1 cup of brown sugar
- 1 cup of chocolate bits
- Dash of salt
  - Optional:
    - 1/2 cup of chopped pecans, or
      - 1/2 cup of chopped walnuts

Preparation time: 15 minutes

Preparation:

1. Melt butter in microwave for 20 to 30 seconds.
2. Mix in medium mixing bowl:
   1 cup baking mix (gluten free)
      Verify ingredients:
         1 cup of brown sugar
         1 teaspoon baking powder
         1/4 cup of butter (1/2 stick)
         2 eggs
         1/2 teaspoon vanilla (gluten free)
   Dash of salt
3. Grease the bottom of the 2.5 quart glass baking pan lightly with butter.
4. Add to mixing bowl:
   1 cup of chocolate chip bits.
      Optional:
         1/2 cup of chopped pecans, or
            1/2 cup of chopped walnuts
5. Mix thoroughly.
6. Pour into greased pan.
7. Place greased pan in oven at 350 degrees. Set timer for about 13 minutes.
8. Use a clean toothpick to verify doneness of the cookies in the middle and on the edges. It should come out clean.
9. Allow brownies to cool slightly before cutting and removing from the pan.

Cook Temperature: 350 degrees (Varies based on pan choice and elevation for those in the mountains.)
   Your temperature here: _____

Cook Time: 25 minutes, based on pan choice and elevation.
   Your bake time here: _____

Servings: About 15

Storage Solutions: Square containers

- **Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer**
- **Fridge safe: 3 to 4 days * Per What's Cooking America Storage Chart link in Resources**
- **Freezer safe: 4 to 6 months * Per What's Cooking America Storage Chart link in Resources**

Reheat Instructions: (Good for quick thawing)

Microwave: Time and temp may vary.

1. **Place in a microwave safe dish (not plastic).**
2. **Heat until food is warm.**
3. **Minimum 30 seconds.**
   Add your microwave time here: _____.

Peanut Butter Brownies

Peanut butter brownies tend to be a little thicker and heavier than plain, butterscotch, or chocolate chip. They can be made with either smooth peanut butter, chunky peanut butter, chopped peanuts, or peanut butter chips. Each adds a different flavor or texture. Chunky peanut butter, chips, or chopped nuts will be more difficult to eat. Creamy peanut butter will be smoother and softer. With instant oatmeal included, they make a quick breakfast bar. They can also be crumbled over gluten free, lactose free ice cream for a fun summer treat. Or add a layer of peanut butter frosting after baking. ***

*** Do not give peanut butter brownies to a child who has not been tested for peanut allergy.

Pre Cook Preparation:

A. Timer set to the time to begin preparation prior to cooking
B. Timer set for 1 hour later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

- Electric mixer, or lightly mix and pour into the pan, allowing the baking process to complete mixing.
- Large handled measuring cups and spoons
- Large handled mixing spoons

Visual Accommodations:

- Easily identifiable labeled ingredients
- Long oven mitts
- Brightly colored measuring cups, spoons, and bowls

Potential Food Allergy or Intolerance:

- Butter (lactose)
- Eggs
- Flour (gluten)
- Peanut butter
- Peanuts
- Pecans
- Sugar (diabetics)
- Vanilla Flavor (gluten)
- Walnuts

Meatless Preparation Avoid:
Butter
Eggs
Substitute with: _____

Utensils:
Measuring cups
2 Mixing bowls
Microwave safe cup
Spoon
Toothpick (round)
Pan: 2.5 quart glass baking pan. ***
*** Dark glass bakes quicker, so reduce time.
*** Aluminum foil pans also bake differently and may react to acids in certain foods, such as berries.
*** Cupcake pans can also be used and will bake at a different temperature and time. This makes it easier to freeze single serve portions.
Some recipe sites go into further detail, if needed.

Ingredients:

Meat: None

Vegetables: None

Other ingredients:
1 cup baking mix (gluten free).
Verify ingredients:
1 teaspoon baking powder
1/4 cup of butter (1/2 stick)
2 eggs
1/2 teaspoon vanilla (gluten free)
1 cup of brown sugar
1 cup of peanut butter bits, or 1 of the following:
1 cup of chopped peanuts
1 cup of creamy peanut butter
1 cup of smooth peanut butter
Dash of salt
Optional:
1/2 cup of chopped pecans, or
1/2 cup of chopped walnuts

Preparation time: 15 minutes

Preparation:

1. **Melt butter in microwave for 20 to 30 seconds.**
2. **Mix in medium mixing bowl:**
   - **1 cup baking mix (gluten free).**
     - **Verify ingredients:**
       - **1 teaspoon baking powder**
       - **1/4 cup of butter (1/2 stick)**
       - **2 eggs**
       - **1/2 teaspoon vanilla (gluten free)**
   - **1 cup of brown sugar**
   - **1 cup of peanut butter bits, or**
     - **1 cup of chopped peanuts**
     - **1 cup of creamy, or**
       - **1 cup of smooth peanut butter**
   - **Dash of salt**
3. **Grease the bottom of the 2.5 quart glass baking pan lightly with butter.**
4. **Add to mixing bowl:**
   - **1 cup of peanut butter bits, or 1 of the following:**
     - **1 cup of chopped peanuts**
     - **1 cup of creamy peanut butter**
     - **1 cup of smooth peanut butter**
     - **Optional:**
       - **1/2 cup of chopped pecans, or**
         - **1/2 cup of chopped walnuts**
5. **Mix thoroughly.**
6. **Pour into greased pan.**
7. **Place greased pan in oven at 350 degrees. Set timer for about 13 minutes.**
8. **Use a clean toothpick to verify doneness of the cookies in the middle and on the edges. It should come out clean.**
9. **Allow brownies to cool slightly before cutting and removing from the pan.**

Cook Temperature: 350 degrees (Varies based on pan choice and elevation for those in the mountains.)

Your temperature here: _____

Cook Time: 20 to 25 minutes, based on pan choice and elevation.

Your bake time here: _____

Servings: About 15

Storage Solutions: Round containers in individual servings

- **Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer**
- **Fridge safe: 3 to 4 days * Per What's Cooking America Storage Chart link in Resources**
- **Freezer safe: 4 to 6 months * Per What's Cooking America Storage Chart link in Resources**

Reheat Instructions: (Good for quick thawing).

Microwave: Time and temp may vary.

1. **Place in a microwave safe dish (not plastic).**
2. **Heat until food is warm.**
3. **Minimum 30 seconds.**
   Add your microwave time here: _____.

Fruit

For many years, people living gluten free didn't have many options for dessert, other than fruit.

Fruit can be a good part of the diet, if it has never been overdone. Acids in some fruits can cause stomach problems, much like gluten can. This leads to pain and discomfort when eating fruit, especially on an empty stomach. For the first few months of healing on a gluten free diet, avoid acidic fruits.

There are a few fruity desserts that may appeal to people after their body has healed. They are safe, as long as the person is not also fructose intolerant, which commonly goes along with gluten and lactose intolerance.

Bananas are one of the most easily digested fruits and can be eaten raw.

Others generally need to be heated to create chemical changes to help the body digest them. Gentler fruits such as apples, peaches, and some berries can be easily heated and enjoyed.

Two common dangers of fruit: fructose intolerance and diverticulitis. Both may cause severe discomfort and further complicate preexisting medical conditions.

Baked Apples

Baked apples are a dish I've enjoyed since my college days. They can be made in the oven, or the microwave. A dash of salt, a spoonful of sugar, and a dash of cinnamon can make a single apple a treat, either in summer or winter. Most any kind of apple can be used for this snack. For those who like a sour treat, the green apples retain some of their sourness after baking. For a sweet treat, red apples are best. Apples do not have to be peeled, though the peel should be washed thoroughly clean of any pesticide residue.

Pre Cook Preparation:
- A. Timer set to the time to begin preparation
- B. Stay with dessert

Meal Adaptations:

Physical Accommodations:

Visual Accommodations:

Brightly colored knife and cutting board

Potential Food Allergy or Intolerance:

Apple (fructose)
Cinnamon
Sugar (diabetics)

Meatless Preparation Avoid:

Substitute with: _____

Utensils:

Microwave safe bowl
Spoon
Toothpick (round)

Pan: Microwave safe bowl

Note: To bake in oven, follow the oven guidelines in the pie section.

Ingredients:

Meat: None

Vegetables: None

Other ingredients:
1 apple
Dash of salt
1 tablespoon of white sugar
Optional:
Dash of cinnamon

Preparation time: 10 minutes

Preparation:
1. Wash apple thoroughly.
2. Carefully slice an apple into 8 slices.
3. Arrange in a microwave safe bowl.
4. Sprinkle 1 tablespoon of white sugar on the apples.
5. Add a dash of salt and optionally a dash of cinnamon.
6. Cover bowl and place in microwave.
7. Cook until tender.

Cook Temperature: Regular microwave temperature.

Cook Time: About 1.25 minutes

Servings: 2

Storage Solutions: Round containers in individual servings
Counter safe: 30 minutes to place in the fridge or freezer
Fridge safe: 3 to 4 days * Per What's Cooking America Storage Chart link in Resources
Freezer safe: 4 to 6 months * Per What's Cooking America Storage Chart link in Resources

Reheat Instructions: (Good for quick thawing).

Microwave: Time and temp may vary.
1. Place in a microwave safe dish (not plastic).
2. Heat until food is warm.
3. Minimum 30 seconds.
Add your microwave time here: _____.

Baked Peaches

Baked peaches can be made with either canned or fresh peaches. If made with canned peaches, additional sugar is not necessary. Fresh peaches are sometimes picked too soon and may be hard rather than soft, even when their skins are the color of ripe peaches. This is why I tend to bake them, no more wondering if they are soft enough to eat. This recipe can be used to create a quick peach pie or cobbler mix to pour into a ready to eat pie shell. It is not necessary to remove the skin if the peaches are well washed.

Pre Cook Preparation:
- A. Timer set to the time to begin preparation
- B. Stay with dessert

Meal Adaptations:

Physical Accommodations:

Visual Accommodations:

Brightly colored knife and cutting board

Potential Food Allergy or Intolerance:

Peach (fructose)

Sugar (diabetics)

Meatless Preparation Avoid:

Substitute with: _____

Utensils:
- Measuring cups
- 2 Mixing bowls
- Microwave safe cup
- Spoon
- Toothpick (round)
- Pan: Microwave safe bowl

Note: To bake in oven follow the oven guidelines in the pie section.

Ingredients:

Meat: None

Vegetables: None

Other ingredients:
1 peach
Dash of salt
1 tablespoon of white sugar

Preparation time: 10 minutes

Preparation:
1. Wash 1 peach thoroughly.
2. Carefully slice a peach into 8 slices.
3. Arrange in a microwave safe bowl.
4. Sprinkle 1 tablespoon of white sugar on the apples.
5. Add a dash of salt.
6. Cover bowl and place in microwave.
7. Cook until tender.

Cook Temperature: Regular microwave temperature.

Cook Time: About 1.25 minutes

Servings: 2

Storage Solutions: Round containers in individual servings
Counter safe: 30 minutes to place in the fridge or freezer
Fridge safe: 3 to 4 days * Per What's Cooking America Storage Chart link in Resources
Freezer safe: 4 to 6 months * Per What's Cooking America Storage Chart link in Resources

Reheat Instructions: (Good for quick thawing)

Microwave: Time and temp may vary.
1. Place in a microwave safe dish (not plastic).
2. Heat until food is warm.
3. Minimum 30 seconds.
Add your microwave time here: _____.

Berry Medley

At one point, I used to eat a lot of berries. I enjoyed the orange raspberries. Then, I developed diverticulitis. I gave up the delicious orange raspberries. Some berries are more harmful than others when it comes to diverticulitis, particularly blackberries, raspberries, and strawberries. Blueberries and other fruit that have large seeds than can be spit out, or bred out, are the safest. On a full stomach, I can have the occasional handful of berries, or smoothie, and not worry too much. The second greatest danger of berries is pesticide residue. Wash all berries thoroughly before eating, cooking, or freezing.

Pre Cook Preparation:
A. Timer set to the time to begin preparation

Meal Adaptations:
Physical Accommodations:

Visual Accommodations:

Potential Food Allergy or Intolerance:
Blackberries (diverticulitis, fructose)
Blueberries (diverticulitis, fructose)
Orange raspberries (diverticulitis, fructose)
Strawberries (diverticulitis, fructose)
Sugar (diabetics)

Meatless Preparation Avoid:
Substitute with: _____

Utensils:
Bowl
Cutting board
Knife
Pan: None

Ingredients:

Meat: None

Vegetables: None

Other ingredients:
1/4 cup of blackberries
1/4 cup of blueberries
1/4 cup of orange raspberries
1/4 cup of sliced strawberries
Dash of salt
Optional:
1 dash of white sugar
Whipped topping

Preparation time: 10 minutes

Preparation:
1. Wash and carefully slice 1/4 cup of strawberries.
2. Add to a small bowl:
1/4 cup of blackberries
1/4 cup of blueberries
1/4 cup of orange raspberries
1/4 cup of sliced strawberries
Dash of salt
Optional:
1 dash of white sugar
3. Mix well.
4. Optional: Add whipped topping

Cook Temperature: None

Cook Time: None

Servings: 3

Storage Solutions: Round containers in individual servings
Counter safe: 30 minutes to place in the fridge or freezer
Fridge safe: 3 to 4 days * Per What's Cooking America Storage Chart link in Resources
Freezer safe: 4 to 6 months * Per What's Cooking America Storage Chart link in Resources

Reheat Instructions: (Good for quick thawing)

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is warm.
3. Minimum 30 seconds.
   Add your microwave time here: _____.

Strawberries and Bananas

Many restaurants serve a strawberry and banana glaze dish for dessert. The glaze often uses gluten as a thickener. Servers and cooks won't know. They take it out of a plastic bag that is only labeled with the manufacturer's name and address. A safe version can be made at home. If a glaze is desired, use gluten free jelly or jam. Lightly heat the jelly or jam in a microwave safe bowl before pouring it onto the fruit. Whipped topping can be added to strawberries and bananas. They can top gluten and lactose free ice cream for a summer treat.

Pre Cook Preparation:
A. Timer set to the time to begin preparation

Meal Adaptations:
Physical Accommodations:
Large handled measuring cups and spoons
Large handled mixing spoons

Visual Accommodations:
Easily identifiable labeled ingredients
Brightly colored measuring cups, spoons, and bowls

Potential Food Allergy or Intolerance:
Bananas (diverticulitis, fructose)
Jam (diverticulitis, fructose, gluten)
Jelly (diverticulitis, fructose, gluten)
Strawberries (diverticulitis, fructose)

Meatless Preparation Avoid:
Substitute with: _____

Utensils:
1 Mixing bowl
Microwave safe cup
Spoon
Pan: Microwave safe bowl

Ingredients:

Meat: None

Vegetables: None

Other ingredients:
1 cup of sliced bananas
1 cup of sliced strawberries
Optional:
2 tablespoons of jam, or
2 tablespoons of jelly

Preparation time: 10 minutes

Preparation:
1. Wash and carefully slice strawberries.
2. Slice bananas.
3. Arrange in a bowl.
4. Optionally warm 2 tablespoons of jam or jelly in a microwave safe cup for 20 seconds.
5. Pour over bananas and strawberries.
6. Add whipped cream if desired.

Cook Temperature: None

Cook Time: None

Servings: 2

Storage Solutions: Round containers in individual servings
Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer
Fridge safe: 3 to 4 days * Per What's Cooking America Storage Chart link in Resources
Freezer safe: 4 to 6 months * Per What's Cooking America Storage Chart link in Resources

Reheat Instructions: (Good for quick thawing)

Microwave: Time and temp may vary.
1. Place in a microwave safe dish (not plastic).
2. Heat until food is warm.
3. Minimum 30 seconds.
Add your microwave time here: _____.

Fudge

Fudge is fun and easy to make. It is also messy. Heat, humidity, stove type, sugar consistency, and cook exhaustion all affect the way fudge turns out.

Fudge is a treat that turns out unpredictably at times. A tiny change can make it a tasty, runny fudge. Or so hard it has to be softened to cut into squares. Sometimes, it melts on the tongue. Other times, it is firm enough to hold together and not leave a mess on fingers.

Make multiple flavors at one time. Prepare three cooling pans. Add the additional ingredients to three mixing bowls. This requires three people, one to stir each bowl as the fudge begins to set.

When fudge has reached the correct consistency, split it evenly between those bowls to make multiple flavors. Sometimes, due to diverticulitis, it becomes six tiny batches. These are made in small aluminum pans, for instance the butterscotch is stirred, then half poured into a pan containing chopped walnuts, while the other half is poured into a pan without walnuts.

Butterscotch Fudge

Butterscotch fudge is usually one on the firmer fudge flavors. Butterscotch fudge that doesn't set firmly can be used to make a delicious cake frosting, or ice cream topping. Unset butterscotch fudge poured over butterscotch brownies would be a sweet treat not to be forgotten. Butterscotch chips with pecan or walnut pieces to add texture, and marshmallows make this treat extra special. This fudge can be easily confused with peanut butter fudge in appearance. Adding nuts to one or the other makes the confusion less likely. Soy and almond milk do well for making fudge with the addition of cornstarch.

Pre Cook Preparation:

A. Timer set to the time to begin preparation prior to cooking
B. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Electric mixer
Large handled measuring cups and spoons
Large handled mixing spoons

Visual Accommodations:

Easily identifiable labeled ingredients
Long oven mitts
Brightly colored measuring cups, spoons, and bowls

Potential Food Allergy or Intolerance:

Butter (lactose)
Milk (lactose)
Pecans (diverticulitis, nuts)
Sugar (diabetics)
Vanilla flavor (gluten)
Walnuts (diverticulitis, nuts)

Meatless Preparation Avoid:

Butter
Milk
Substitute with: _____

Utensils:
- Measuring cups
- 2 Mixing bowls
- Microwave safe cup
- Spoon
- Toothpick (round)
- Whisk
- Pan:
  - Cooking: 8 quart pan
  - Cooling: Buttered aluminum foil pan, or glass pan

Ingredients:

Meat: None

Vegetables: None

Other ingredients:

Cooking:
- 1/4 cup butter
- 1 plate, bowl, or cup of ice water
- 5 ounce can of evaporated milk
- 7 ounce jar of marshmallow cream, or
  - 7 ounces of bagged marshmallows
- 2.5 cups of sugar
- Dash of salt

After Cooking:
- 10 to 12 ounce bag of butterscotch chips (to taste) ***
  - *** Split into equal amounts if using one fudge recipe to make multiple flavors.

Optional:
- 1 cup of chopped pecans, or
  - 1 cup of chopped walnuts ***
  - *** Split into equal amounts if using one fudge recipe to make multiple flavors.

Preparation time: 15 minutes

Preparation:

Preparation for Cooking:

1. Butter a glass of aluminum foil pan.
2. Prepare a mixing bowl with:
   - 10 to 12 ounce bag of butterscotch chips (to taste)
   - Stirring spoon
     - Optional:
       - 1 cup of chopped pecans, or
       - 1 cup of chopped walnuts ***

Cooking:

1. Combine in 8 quart pan:
   - 1/4 cup butter
   - 1 plate, bowl, or cup of ice water
   - 5 ounce can of evaporated milk
   - 7 ounce jar of marshmallow cream, or
     - 7 ounces of bagged marshmallows
   - 2.5 cups of sugar
   - Dash of salt
2. Stir over medium heat until it boils lightly. Stir constantly.
3. Turn temperature down 1/3, while keeping it at a light boil. Stir constantly.
4. After about 5 minutes of boiling, drop a pea sized amount into the ice water. If it forms a ball, the fudge is ready. If not, continue stirring and try again in a minute based on the texture of the fudge.
5. Once ready, pour into prepared mixing bowl.
6. Mix thoroughly until the fudge begins to set.
7. Pour into buttered pan. Allow to cool before slicing.

Cook Temperature: Medium

Cook Time: 20 to 25 minutes

Servings: About 15

Storage Solutions: Round containers in individual servings

- **Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer**
- **Fridge safe: 3 to 4 days * Per What's Cooking America Storage Chart link in Resources**
- **Freezer safe: 4 to 6 months * Per What's Cooking America Storage Chart link in Resources**

Reheat Instructions: (Good for quick thawing)

Microwave: Time and temp may vary.

1. **Place in a microwave safe dish (not plastic).**
2. **Heat until food is warm.**
3. **Minimum 30 seconds.**
   Add your microwave time here: _____.

Chocolate Fudge

Chocolate fudge is made with cocoa powder. Unset fudge makes a tasty cake icing or ice cream topping. Chocolate fudge that doesn't quite set can be formed into ropey droppings to be placed on Kitty Litter Cake. This is a dessert commonly made by pet rescue groups, with real cake mix, and edible chocolate droppings. Might make for an interesting Halloween project. Of course, fudge, and especially chocolate, is not safe for animals to eat. Don't let the idea deter a tasty human treat. Kitty litter cake is a great way to increase animal needs awareness with some shock value.

Pre Cook Preparation:

A. Timer set to the time to begin preparation prior to cooking
B. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Electric mixer
Large handled measuring cups and spoons
Large handled mixing spoons

Visual Accommodations:

Easily identifiable labeled ingredients
Long oven mitts
Brightly colored measuring cups, spoons, and bowls

Potential Food Allergy or Intolerance:

Butter (lactose)
Milk (lactose)
Pecans (diverticulitis, nuts)
Sugar (diabetics)
Vanilla flavor (gluten)
Walnuts (diverticulitis, nuts)

Meatless Preparation Avoid:

Butter
Milk
Substitute with: _____

Utensils:

- Measuring cups
- 2 Mixing bowls
- Microwave safe cup
- Spoon
- Toothpick (round)
- Whisk
- Pan:
  - Cooking: 8 quart pan
  - Cooling: Buttered aluminum foil pan, or glass pan

Ingredients:

Meat: None

Vegetables: None

Other ingredients:

Cooking:

- 1/4 cup butter
- 1 plate, bowl, or cup of ice water
- 5 ounce can of evaporated milk
- 7 ounce jar of marshmallow cream, or
  - 7 ounces of bagged marshmallows
- 2.5 cups of sugar
- Dash of salt

After Cooking:

- 10 to 12 ounce bag of chocolate chips (to taste), or
  - 1/2 to 2/3 cup of cocoa powder ***
  - *** Split into equal amounts if using one fudge recipe to make multiple flavors.

Optional:

- 1 cup of chopped pecans, or
  - 1 cup of chopped walnuts ***
  - *** Split into equal amounts if using one fudge recipe to make multiple flavors.

Preparation time: 15 minutes

Preparation:

Preparation for Cooling:

1. Butter a glass of aluminum foil pan.
2. Prepare a mixing bowl with:
   - 10 to 12 ounce bag of chocolate chips (to taste), or
     - 1/2 to 2/3 cup of cocoa powder
   - Stirring spoon
     - Optional:
       - 1 cup of chopped pecans, or
         - 1 cup of chopped walnuts ***

Cooking:

1. Combine in 8 quart pan:
   - 1/4 cup butter
   - 1 plate, bowl, or cup of ice water
   - 5 ounce can of evaporated milk
   - 7 ounce jar of marshmallow cream, or
     - 7 ounces of bagged marshmallows
   - 2.5 cups of sugar
   - Dash of salt
2. Stir over medium heat until it boils lightly. Stir constantly.
3. Turn temperature down 1/3, while keeping it at a light boil. Stir constantly.
4. After about 5 minutes of boiling, drop a pea sized amount into the ice water. If it forms a ball, the fudge is ready. If not, continue stirring and try again in a minute based on the texture of the fudge.
5. Once ready, pour into prepared mixing bowl.
6. Mix thoroughly until the fudge begins to set.
7. Pour into buttered pan. Allow to cool before slicing.

Cook Temperature: Medium

Cook Time: 20 to 25 minutes

Servings: About 15

Storage Solutions: Round containers in individual servings

- **Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer**
- **Fridge safe: 3 to 4 days * Per What's Cooking America Storage Chart link in Resources**
- **Freezer safe: 4 to 6 months * Per What's Cooking America Storage Chart link in Resources**

Reheat Instructions: (Good for quick thawing)

Microwave: Time and temp may vary.

1. **Place in a microwave safe dish (not plastic).**
2. **Heat until food is warm.**
3. **Minimum 30 seconds.**
   Add your microwave time here: _____.

Peanut Butter Fudge

Peanut butter fudge can be made with real peanut butter, either smooth, or nutty, or peanut butter chips. This fudge tends to be a little sticky and not set as well. It has a delightful flavor. However, it may not be suitable for those who tend to have bouts of diverticulitis. Peanut butter fudge that doesn't set is a good ice cream or cake topping. This fudge can be easily mistaken for butterscotch. Sometimes, it's easier to have peanut butter fudge be nutty and butterscotch fudge not nutty. Or make a variety of shapes, roll them carefully in powdered sugar.

*** Do not give peanut butter fudge to a child who has not been tested for peanut allergy.

Pre Cook Preparation:
- A. Timer set to the time to begin preparation prior to cooking
- B. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:
- Electric mixer
- Large handled measuring cups and spoons
- Large handled mixing spoons

Visual Accommodations:
- Easily identifiable labeled ingredients
- Long oven mitts
- Brightly colored measuring cups, spoons, and bowls

Potential Food Allergy or Intolerance:
- Butter (lactose)
- Milk (lactose)
- Peanuts (diverticulitis, nuts)
- Pecans (diverticulitis, nuts)
- Sugar (diabetics)
- Vanilla flavor (gluten)
- Walnuts (diverticulitis, nuts)

Meatless Preparation Avoid:
- Butter
- Milk
- Substitute with: _____

Utensils:

- Measuring cups
- 2 Mixing bowls
- Microwave safe cup
- Spoon
- Toothpick (round)
- Whisk
- Pan:
  - Cooking: 8 quart pan
  - Cooling: Buttered aluminum foil pan, or glass pan

Ingredients:

Meat: None

Vegetables: None

Other ingredients:

Cooking:

- 1/4 cup butter
- 1 plate, bowl, or cup of ice water
- 5 ounce can of evaporated milk
- 7 ounce jar of marshmallow cream, or
  7 ounces of bagged marshmallows
- 2.5 cups of sugar
- Dash of salt

After Cooking:

- 10 to 12 ounce bag of peanut butter chips (to taste) ***

*** Split into equal amounts if using one fudge recipe to make multiple flavors.

Optional:

- 1 cup of chopped pecans, or
- 1 cup of chopped walnuts ***

*** Split into equal amounts if using one fudge recipe to make multiple flavors.

Preparation time: 15 minutes

Preparation:

Preparation for Cooling:

1. Butter a glass of aluminum foil pan.
2. Prepare a mixing bowl with:
   - 10 to 12 ounce bag of peanut butter chips (to taste)
   - Stirring spoon
     - Optional:
       - 1 cup of chopped pecans, or
       - 1 cup of chopped walnuts ***

Cooking:

1. Combine in 8 quart pan:
   - 1/4 cup butter
   - 1 plate, bowl, or cup of ice water
   - 5 ounce can of evaporated milk
   - 7 ounce jar of marshmallow cream, or
     - 7 ounces of bagged marshmallows
   - 2.5 cups of sugar
   - Dash of salt
2. Stir over medium heat until it boils lightly. Stir constantly.
3. Turn temperature down 1/3, while keeping it at a light boil. Stir constantly.
4. After about 5 minutes of boiling, drop a pea sized amount into the ice water. If it forms a ball, the fudge is ready. If not, continue stirring and try again in a minute based on the texture of the fudge.
5. Once ready, pour into prepared mixing bowl.
6. Mix thoroughly until the fudge begins to set.
7. Pour into buttered pan. Allow to cool before slicing.

Cook Temperature: Medium

Cook Time: 20 to 25 minutes

Servings: About 15

Storage Solutions: Round containers in individual servings

- **Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer**
- **Fridge safe: 3 to 4 days * Per What's Cooking America Storage Chart link in Resources**
- **Freezer safe: 4 to 6 months * Per What's Cooking America Storage Chart link in Resources**

Reheat Instructions: (Good for quick thawing)

Microwave: Time and temp may vary.

1. **Place in a microwave safe dish (not plastic).**
2. **Heat until food is warm.**
3. **Minimum 30 seconds.**
   Add your microwave time here: _____.

Ice Cream

Ice cream is a treat people often forget to check for food allergies. How many times after living gluten free did I forget that ice cream sandwiches are not gluten free? Or cookies and cream, or so many other favorites?

There is concern when buying ice cream out at a restaurant. In some cases, it's okay. The ice cream is gluten and lactose free. Until customers add other ingredients. Those scoops, or machines used to make shakes and other treats, may not be cleaned between uses. They may be covered with gluten, lactose, and fructose from candy bars, cookies, fruits, and other treats.

There are gluten and lactose free rice, almond, and soy ice creams available. They are expensive. No more expensive than the same amount of ice cream at a restaurant. I buy the vanilla flavor and create my own flavors that are rare, even in lactose ice cream.

And yes, some people eat coconut ice cream. Since I cannot, I have no idea of its consistency or taste. Verify allergies to coconut before using.

Cinnamon Ice Cream

Cinnamon ice cream is a summer treat reminiscent of winter holidays. Although I have seen peppermint ice cream, which is basically ice cream with crushed peppermints throughout, it's rare to see actual cinnamon flavored ice cream. There have been times I have used a cinnamon shaker to keep adding flavor as I mix it up and eat it. The nice thing about this treat is it often ends up a soft fluffy ice cream, like the style used to make cones at restaurants. It's not quite as cold as other ice cream, perfect on those first warmer days of spring.

Pre Cook Preparation:
- A. Timer set to the time to begin preparation
- B. Stay with ice cream to stir

Meal Adaptations:

Physical Accommodations:
- Electric mixer
- Large handled mixing spoons

Visual Accommodations:
- Easily identifiable labeled ingredients
- Brightly colored measuring cups, spoons, and bowls

Potential Food Allergy or Intolerance:
- Cinnamon
- Ice cream (gluten, lactose)

Meatless Preparation Avoid:
- Ice cream
- Substitute with: _____

Utensils:
- Bowl
- Spoon
- Pan: None

Ingredients:

Meat: None

Vegetables: None

Other ingredients:
1/8 to 1/4 teaspoon cinnamon
2 cups of vanilla ice cream (almond or soy)

Preparation time: 5 minutes

Preparation:
1. **Scoop 2 cups of vanilla ice cream into a bowl.**
2. **Add 1/8 to 1/4 teaspoon of cinnamon.**
3. **Stir well.**

Cook Temperature: None

Cook Time: None

Servings: 1

Storage Solutions: Round containers in individual servings
Counter safe: A few minutes
Fridge safe: None
Freezer safe: 1 to 2 months * Per What's Cooking America Storage Chart link in Resources

Reheat Instructions: None

Cookie Crumble

Cookie crumble is a favorite ice cream that can be made from a variety of ingredients. Use previously baked and cooled gluten free cookies, brownies, or even runny fudge to give this ice cream various colors, flavors, and textures. Make it interesting. Add butterscotch fudge and chocolate brownie together in the ice cream. Mix well. If it becomes soupy while mixing, place back in the freezer for a few minutes to firm back up. Or, make it before dinner, refreeze it, and enjoy as an evening treat. This is a good way to make it if you have low dexterity.

Pre Cook Preparation:
- A. Timer set to the time to begin preparation
- B. Stay with ice cream to stir

Meal Adaptations:

Physical Accommodations:
- Electric mixer
- Large handled mixing spoons

Visual Accommodations:
- Easily identifiable labeled ingredients
- Brightly colored measuring cups, spoons, and bowls

Potential Food Allergy or Intolerance:
- Ice cream (gluten, lactose)

Meatless Preparation Avoid:
- Ice cream
- Substitute with: _____

Utensils:
- Bowl
- Spoon
- Pan: None

Ingredients:

Meat: None

Vegetables: None

Other ingredients:
1/4 cup of crumbled brownies (gluten free), or
1/4 cup crumbled cookies (gluten free)
1/4 cup runny fudge
2 cups of vanilla ice cream (almond or soy)

Preparation time: 5 minutes

Preparation:
1. Scoop 2 cups of vanilla ice cream into a bowl.
2. Add 1/4 cup of crumbled brownies (gluten free), or
1/4 cup crumbled cookies (gluten free)
1/4 cup runny fudge
3. Stir well.

Cook Temperature: None

Cook Time: None

Servings: 1

Storage Solutions: Round containers in individual servings
Counter safe: A few minutes
Fridge safe: None
Freezer safe: 1 to 2 months * Per What's Cooking America Storage Chart link in Resources

Reheat Instructions: None

Peanut Butter Candy

This is one of the first desserts I learned to make after living gluten free. It seemed the only one I could have. Easy to make, and easy to eat. Haven't made it in years and would like to once again. It's a quick way to increase blood sugar, if it's made ahead of time. I used to keep a bowlful on the counter and eat a spoonful or two every night. This is a high sugar treat, so not for diabetics. There is also no cooking, no baking, and no fridge needed. Easy to take along on a trip. ***

*** Do not give peanut butter candy to a child who has not been tested for peanut allergy.

Pre Cook Preparation:
- A. Timer set to the time to begin preparation prior to cooking
- B. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:
- Electric mixer
- Large handled measuring cups and spoons
- Large handled mixing spoons

Visual Accommodations:
- Easily identifiable labeled ingredients
- Brightly colored measuring cups, spoons, and bowls

Potential Food Allergy or Intolerance:
- Peanut butter (peanuts)
- Powdered sugar (diabetics)

Meatless Preparation Avoid:
- Substitute with: _____

Utensils:
- Measuring cups
- 1 Mixing bowl
- Spoon
- Pan: None

Vegetables: None

Other ingredients:
1 cup of peanut butter
1 cup of powdered sugar

Preparation time: 5 minutes

Preparation:
1. Measure 1 cup of peanut butter and 1 cup of powdered sugar into a resealable bowl. **
2. Mix well.

** For low dexterity, mix in a resealable plastic bag, squishing the peanut butter and powdered sugar together.

Cook Temperature: None

Cook Time: None

Servings: 2

Storage Solutions: Round containers in individual servings
Counter safe: 2 to 3 days
Fridge safe: Unknown
Freezer safe: Unknown

Reheat Instructions: None

Pies and Cobblers

Once, many years ago, I made pies and cobblers all the time. After learning to live gluten free, I didn't do so as often. At first, finding a premade flour mix for pie dough was extremely difficult, and expensive. At that time, people recommended mixing from a variety of expensive, difficult to find, individual flours. Now, there are plenty of good mixes available in stores, more than I could use at a time.

I searched my recipes and adapted them. Like with most other gluten free cooking, an additional dash or two of sugar is usually needed to cut the bitterness.

Sweet potato pie is the least likely to cause problems with other food allergies and intolerances. This can be made from home grown sweet potatoes.

Apples and peaches contain fructose, which is another potential allergy that frequently goes along with gluten intolerance. These pies should be fixed and eaten sparingly for the gluten intolerant.

Pumpkin pie is a holiday favorite. There are now frozen varieties in many grocery stores around holiday time. Not cheap.

Apple Pie

Apple pie, or more correctly, fried apple pie is a favorite. This recipe can be adjusted to make small fried apple pies. On a plate, spread out a palm sized piece of dough. Add a spoonful of the pie mixture. Roll the piece of dough closed. Crimp the edges. Fry them in oil on the stove. Or bake them in an oven at 350 degrees for about 25 to 30 minutes. Apples used in pies cook best without the peeling. When baked the peeling may soften and add texture. Apple pie is delicious and satisfying.

Pre Cook Preparation:

A. Timer set to the time to begin preparation prior to cooking
B. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Electric mixer, or lightly mix and pour into the pan, allowing the baking process to complete mixing
Large handled measuring cups and spoons
Large handled mixing spoons

Visual Accommodations:

Easily identifiable labeled ingredients
Long oven mitts
Brightly colored measuring cups, spoons, and bowls

Potential Food Allergy or Intolerance:

Apples (fructose)
Butter (lactose)
Cinnamon
Eggs
Flour (gluten)
Milk (lactose)
Sugar (diabetics)
Vanilla Flavor (gluten)

Meatless Preparation Avoid:

Butter
Eggs
Milk
Substitute with: _____

Utensils:
- Measuring cups
- 2 Mixing bowls
- Microwave safe cup
- Spoon
- Toothpick (round)
- Pan: 2.5 quart glass baking pan. ***
  - *** Dark glass bakes quicker, so reduce time.
  - *** Aluminum foil pans also bake differently and may react to acids in certain foods, such as berries.
  - *** Cupcake pans can also be used and will bake at a different temperature and time. This makes it easier to freeze single serve portions.
    Some recipe sites go into further detail, if needed.

Ingredients:

Meat: None

Vegetables: None

Other ingredients:

Pie Crust:
- 2 cups of Bisquick Gluten Free Baking Mix
- 3/8 cup brown sugar
- 2 eggs
- Dash of salt
- 1 tablespoon vanilla extract (gluten free)
- Water, as needed

Pie Mixture:
- 2 cups of diced apples
- 2 tablespoons butter
- 1 teaspoon of cornstarch
- 1 large egg
- 2/3 cup sugar
- Optional:
  - 1/4 teaspoon of cinnamon
  - Dash of milk (lactose free)
    - Almond, or
      - Soy

Preparation time: 15 minutes

Preparation:

Pre Preparation:

1. Wash and dice 2 apples.
2. Butter a 2.5 quart glass baking pan.

Pie shells:

1. Combine in large mixing bowl:
   2 cups of Bisquick Gluten Free Baking Mix
   3/8 cup brown sugar
   2 eggs
   Dash of salt
   1 tablespoon vanilla extract (gluten free)
   Water, as needed, to reach consistency
2. Mix well.
3. Spoon into buttered 2.5 quart glass baking pan.
4. Flatten with fingers until it covers the pan.
5. Bake 350 degrees for 15 minutes.

Pie Mixture:

1. Wash, peel, slice, and dice 2 apples.
2. Combine in another mixing bowl.
   2 cups of diced apples
   2 tablespoons butter
   1 teaspoon of cornstarch
   1 large egg
   2/3 cup sugar
      Optional:
         1/4 teaspoon of cinnamon
         Dash of milk (lactose free)
            Almond, or
               Soy
3. Add a dash of soy or almond milk, if necessary.
4. Pour into baked pie crust.
5. Place extra pie crust over top.
6. Sprinkle with brown sugar and tiny bits of butter.
7. Place in oven.

Cook Temperature: 350 degrees

Cook Time: 30 to 45 minutes

Servings: About 10

Storage Solutions: Square containers in individual servings

- **Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer**
- **Fridge safe: 3 to 4 days * Per What's Cooking America Storage Chart link in Resources**
- **Freezer safe: 4 to 6 months * Per What's Cooking America Storage Chart link in Resources**

Reheat Instructions: (Good for quick thawing)

Microwave: Time and temp may vary.

1. **Place in a microwave safe dish (not plastic).**
2. **Heat until food is warm.**
3. **Minimum 30 seconds.**
   Add your microwave time here: _____.

Peach Cobbler

Another southern summer favorite. Sliced peaches sliding in milky, gooey goodness. Once thought that the gluten free person could no longer enjoy. Now, it's as easy as any other dish. One name brand has a frozen, gluten free pie crust mix that works well to pat into shape to make a peach cobbler shell. Peaches can also be baked, or fried, in individual pie shells, much like apples. Peach cobbler can be smothered in gluten and lactose free ice cream or whipped cream for an additional sugar rush. It can be frozen in small batches to last the entire summer.

Pre Cook Preparation:

A. Timer set to the time to begin preparation prior to cooking
B. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Electric mixer, or lightly mix and pour into the pan, allowing the baking process to complete mixing
Large handled measuring cups and spoons
Large handled mixing spoons

Visual Accommodations:

Easily identifiable labeled ingredients
Long oven mitts
Brightly colored measuring cups, spoons, and bowls

Potential Food Allergy or Intolerance:

Butter (lactose)
Eggs
Flour (gluten)
Milk (lactose)
Sugar (diabetics)
Vanilla flavor (gluten)

Meatless Preparation Avoid:

Butter
Eggs
Milk
Substitute with: _____

Utensils:

- Measuring cups
- 2 Mixing bowls
- Microwave safe cup
- Spoon
- Toothpick (round)
- Pan: 2.5 quart glass baking pan. ***
  - *** Dark glass bakes quicker, so reduce time.
  - *** Aluminum foil pans also bake differently and may react to acids in certain foods, such as berries.
  - *** Cupcake pans can also be used and will bake at a different temperature and time. This makes it easier to freeze single serve portions.
    Some recipe sites go into further detail, if needed.

Ingredients:

Meat: None

Vegetables: None

Other ingredients:

Pie Crust:

- 2 cups of Bisquick Gluten Free Baking Mix
- 3/8 cup brown sugar
- 2 eggs
- Dash of salt
- 1 tablespoon vanilla extract (gluten free)
- Water, as needed

Pie Mixture:

- 2 tablespoons butter
- 1 teaspoon of cornstarch
- 1 large egg
- 2 cups of diced peaches
- 2/3 cup sugar

Preparation time: 15 minutes

Preparation:

Pie shells:

1. Combine in medium sized mixing bowl:

2 cups of Bisquick Gluten Free Baking Mix
3/8 cup brown sugar
2 eggs
Dash of salt
1 tablespoon vanilla extract (gluten free)
Water, as needed to reach consistency

2. Mix well.
3. Spoon into buttered baking dish.
4. Flatten with fingers until it covers the pan.
5. Bake 350 degrees for 15 minutes.

Pie Mixture:

1. Wash, peel, slice, and dice 2 peaches.
2. Combine in a mixing bowl:
   2 tablespoons butter
   1 teaspoon of cornstarch
   1 large egg
   2 cups of diced peaches
   2/3 cup sugar
   Add a dash of soy or almond milk, if necessary.
3. Pour into baked pie crust.
4. Place extra pie crust over top.
5. Sprinkle with brown sugar and tiny bits of butter.
6. Place in oven.

Cook Temperature: 350 degrees

Cook Time: 30 to 45 minutes

Servings: About 10

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per What's Cooking America Storage Chart link in Resources

Freezer safe: 4 to 6 months * Per What's Cooking America Storage Chart link in Resources

Reheat Instructions: (Good for quick thawing)

Microwave: Time and temp may vary.

1. **Place in a microwave safe dish (not plastic).**
2. **Heat until food is warm.**
3. **Minimum 30 seconds.**
   Add your microwave time here: _____.

Pumpkin Pie

Pumpkin pie. A holiday favorite. Often, this one specialty is something the gluten free person misses most during the fall. Now, gluten free pumpkin pie, whole, or in part, can be found in the freezer section of some grocery stores during the holiday season. Some are prebaked. Others are not. Some stores will even bake gluten free pumpkin pie for customers, saving them time and energy. No one has to give up a holiday favorite anymore. Take your own pie to holiday gatherings, if necessary. Take one slice to each gathering. No one will know the difference.

Pre Cook Preparation:
- A. Timer set to the time to begin preparation prior to cooking
- B. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:
- Electric mixer, or lightly mix and pour into the pan, allowing the baking process to complete mixing
- Large handled measuring cups and spoons
- Large handled mixing spoons

Visual Accommodations:
- Easily identifiable labeled ingredients
- Long oven mitts
- Brightly colored measuring cups, spoons, and bowls

Potential Food Allergy or Intolerance:
- Butter (lactose)
- Eggs
- Flour (gluten)
- Milk (lactose)
- Sugar (diabetics)
- Vanilla flavor (gluten)

Meatless Preparation Avoid:
- Butter
- Eggs
- Milk
- Substitute with: _____

Utensils:
- Measuring cups
- 2 Mixing bowls
- Microwave safe cup
- Spoon
- Toothpick (round)
- Pan: 2.5 quart glass baking pan. ***
  - *** Dark glass bakes quicker, so reduce time.
  - *** Aluminum foil pans also bake differently and may react to acids in certain foods, such as berries.
  - *** Cupcake pans can also be used, and will bake at a different temperature and time. This makes it easier to freeze single serve portions.
    Some recipe sites go into further detail, if needed.

Ingredients:

Meat: None

Vegetables: None

Other ingredients:

Pie Crust:
- 2 cups of Bisquick Gluten Free Baking Mix
- 3/8 cup brown sugar
- 1 tablespoon vanilla extract (gluten free)
- Dash of salt
- 2 eggs
- Water, as needed

Pie Mixture:
- 2 tablespoons butter
- 1 teaspoon of cornstarch
- 1 large egg
- 1 12 ounce can of evaporated milk
- 2 cups of pureed pumpkin (about 1 can)
- 1 12 ounce can of evaporated milk
- 2/3 cup of sugar
  - Optional:
    - Whipped cream

Preparation time: 15 minutes

Preparation:

Pie shells:

1. Mix in a medium sized mixing bowl:
   2 cups of Bisquick Gluten Free Baking Mix
   3/8 cup brown sugar
   1 tablespoon vanilla extract (gluten free)
   Dash of salt
   2 eggs
   Water, as needed to reach consistency
2. Mix well.
3. Spoon into buttered baking dish.
4. Flatten with fingers until it covers the pan.
5. Bake 350 degrees for 15 minutes.

Pie Mixture:

1. Peel, slice, and puree 2 cups of pumpkin.
2. Mix in an additional mixing bowl:
   2 tablespoons butter
   1 teaspoon of cornstarch
   1 large egg
   1 12 ounce can of evaporated milk
   2 cups of pureed pumpkin (about 1 can)
   1 12 ounce can of evaporated milk
   2/3 cup of sugar
      Optional:
         Whipped cream
         Add a dash of soy or almond milk, if necessary.
3. Pour into baked pie crust.
4. Place extra pie crust over top.
5. Sprinkle with brown sugar and tiny bits of butter.
6. Place in oven.
7. After baking, and cooling, add whipped cream if desired.

Cook Temperature: 350 degrees

Cook Time: 30 to 45 minutes

Servings: About 10

Storage Solutions: Square containers in individual servings.

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer
Fridge safe: 3 to 4 days * Per What's Cooking America Storage Chart link in Resources
Freezer safe: 4 to 6 months * Per What's Cooking America Storage Chart link in Resources

Reheat Instructions: (Good for quick thawing)

Microwave: Time and temp may vary.
1. **Place in a microwave safe dish (not plastic).**
2. **Heat until food is warm.**
3. **Minimum 30 seconds.**
   Add your microwave time here: _____.

Pudding

The meaning of the word pudding has changed dramatically over the centuries. What we think of today as pudding would be an unknown to cooks from even a few generations ago.

Once, not so long ago, all pudding was cooked at home, and served warm. Memories of the smell and taste of fresh hot butterscotch pudding delights to this day. The taste is special. Instant pudding doesn't taste the same, or have the same texture.

Pudding may be a cake topping, or part of the cake recipe.

Hot pudding is delicious over ice cream.

These days, cook pudding is mostly used for creating specialty desserts, like banana pudding. Many living gluten free long gave up on treats like banana pudding. There is no need to give them up. A gluten free cookie recipe is included to create this summer treat.

For the lactose intolerant, soy or almond milk is an excellent choice. However, it requires a binder that is missing from plant based milks. Cornstarch resolves this issue. Without it, the pudding will remain runny.

Banana Pudding

Banana pudding is a summer gathering favorite. This is a simple recipe, although it has three parts. Especially for the gluten free lifestyle. It is easiest to bake the cookies the day before. After baking, break several up for the pudding. There will be plenty left over for nibbling, or frozen for a later pudding. It takes two people preparing the pudding. One person to slice the bananas, and arrange them, and the cookies. While the other person prepares the cook pudding. This is a community effort recipe. A fun way to keep a kid occupied and learning how to cook.

Pre Cook Preparation:

A. Timer set to the time to begin preparation prior to cooking
B. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Electric mixer, or lightly mix and pour into the pan, allowing the baking process to complete mixing
Large handled measuring cups and spoons
Large handled mixing spoons

Visual Accommodations:

Easily identifiable labeled ingredients
Long oven mitts
Brightly colored measuring cups, spoons, and bowls

Potential Food Allergy or Intolerance:

Bananas (fructose)
Butter (lactose)
Cookies (gluten)
Eggs
Flour (gluten)
Milk (lactose)
Sugar (diabetics)
Vanilla (gluten)

Meatless Preparation Avoid:

Butter
Eggs
Milk
Substitute with: _____

Utensils:
- Measuring cups
- 2 Mixing bowls
- Microwave safe cup
- Spoon
- Toothpick (round)
- Whisk
- Pan:
  - Cookies: Large cookie sheet
  - Pudding: 8 quart pan

Ingredients:

Meat: None

Vegetables: None

Other ingredients:

Cookies:
- 1 cup dark brown sugar
- 1/2 cup melted butter (1 stick)
- 3 eggs
- 1 3/4 cups flour mix (gluten free)
- 1 tablespoon vanilla extract (gluten free)

Bananas: about 8 well ripened bananas (some brown spots are good).

Pudding:
- 6 tablespoons of butter
- 1/2 cup of cornstarch
- 6 cups of milk (lactose free)
  - Almond, or
    - Soy
- 1/2 teaspoon of salt
- 1.5 cups of sugar
- 3 tablespoons of vanilla extract

Topping:
- Cookie crumbs
- Whipped cream

Preparation time:

Cookies: 15 minutes
Bananas: 20 to 30 minutes
Pudding: 10 minutes

Preparation:

Cookies:

1. **Melt 1/2 cup of butter in microwave safe cup.**
2. **Mix in medium mixing bowl:**
   1 cup dark brown sugar
   1/2 cup melted butter (1 stick)
   3 eggs
   1 3/4 cups flour mix (gluten free)
   1 tablespoon vanilla extract (gluten free)
3. **Chill the dough for 15 minutes.**
3. **Spoon onto cookie sheets.**
4. **Bake at 350 degrees for 12 to 15 minutes.**
5. **Allow to cool before assembling pudding.**

Bananas:

1. **Slice 8 ripe bananas.**
2. **In a large glass bowl, alternate layers of bananas and cookies.**
3. **Save a few cookie crumbs to sprinkle on top once the pudding is added.**

Pudding:

1. **Combine in an 8 quart pan:**
   1/2 cup of cornstarch
   6 cups of milk (soy or almond)
   1/2 teaspoon of salt
   1.5 cups of sugar
2. **Allow to heat, stirring frequently.**
3. **Once it boils, set a timer for 10 minutes. Stir frequently.**
4. **After 10 minutes, mixture should be beginning to set (it won't appear as thick as animal milk pudding, it will thicken when it cools).**
5. **Add the 6 tablespoons of butter and the 3 teaspoons of vanilla extract.**
6. **Stir in well.**
7. **Pour over bowl of bananas and cookies.**
8. **After it cools, whipped cream may be added if desired.**
9. **Sprinkle cookie crumbs on top for a little color and texture.**

Cook Temperature:
- **Cookies: 350 degrees**
- **Pudding: Medium**

Cook Time:
- **Cookies: 12 to 15 minutes**
- **Pudding: 20 to 30 minutes**

Servings: 10

Storage Solutions: Round containers in individual servings
- **Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer**
- **Fridge safe: 2 days * Per What's Cooking America Storage Chart link in Resources**
- **Freezer safe: Doesn't freeze well**

Reheat Instructions: Not recommended

Chocolate Pudding

Chocolate pudding is a good recipe for cake frosting. Cook chocolate pudding can be a nice warm treat on a winter day. Or in summer as a topping to gluten free, lactose free ice cream. This recipe makes a good mixture for making chocolate covered fruits, like bananas and strawberries. Or a drizzle topping on rice cereal treats. A little extra cornstarch will make it denser and closer to the texture of fudge. Pudding is a good high calorie treat for low eating ability days, such as after dental or tonsil surgery. Pudding is an occasional appetite stimulate, as well.

Pre Cook Preparation:
- A. Timer set to the time to begin preparation prior to cooking
- B. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:
- Electric mixer, or lightly mix and pour into the pan, allowing the baking process to complete mixing
- Large handled measuring cups and spoons
- Large handled mixing spoons

Visual Accommodations:
- Easily identifiable labeled ingredients
- Long oven mitts
- Brightly colored measuring cups, spoons, and bowls

Potential Food Allergy or Intolerance:
- Butter (lactose)
- Milk (lactose)
- Sugar (diabetics)

Meatless Preparation Avoid:
- Butter
- Milk
- Substitute with: _____

Utensils:
- Measuring cups
- 2 Mixing bowls
- Microwave safe cup

Spoon
Toothpick (round)
Whisk
Pan: 8 quart pan

Ingredients:

Meat: None

Vegetables: None

Other ingredients:
6 tablespoons of butter
2/3 cup of cocoa powder
1/2 cup of cornstarch
6 cups of milk (lactose free)
Almond, or
Soy
1/2 teaspoon of salt
1.5 cups of sugar
3 tablespoons of vanilla extract

Preparation time: 10 minutes

Preparation:
1. Combine in 8 quart pan:
2/3 cup of cocoa powder
1/2 cup of cornstarch
6 cups of milk (lactose free)
Almond, or
Soy
1/2 teaspoon of salt
1.5 cups of sugar
2. Allow to heat, stirring frequently.
3. Once it boils, set a timer for 10 minutes. Stir frequently.
4. After 10 minutes, mixture should be beginning to set (it won't appear as thick as animal milk pudding, it will thicken when it cools).
5. Add the 6 tablespoons of butter and the 3 teaspoons of vanilla extract.
6. Stir in well.

Cook Temperature: Medium

Cook Time: 20 to 30 minutes

Servings: 8

Storage Solutions: Round containers in individual servings
- **Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer**
- **Fridge safe: 2 days * Per What's Cooking America Storage Chart link in Resources**
- **Freezer safe: Not recommended**

Reheat Instructions: Not recommended

Vanilla Pudding

Vanilla pudding sounds boring. Except that it is the base for all other flavors. Baring chocolate, of course. Vanilla pudding is the pudding flavor used for banana pudding, and is a perfect dry mix for pudding cakes. It is also easy to spruce up by adding flavors, fruits, or colors. However, use caution with flavors or food colors, as they may contain allergens. It is beyond the scope of this cookbook to explain how to make flavored pudding. Experiment by adding blueberries or strawberries to containers before pouring hot pudding onto them to cool for a high calorie fruity treat.

Pre Cook Preparation:
- A. Timer set to the time to begin preparation prior to cooking
- B. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:
- Electric mixer, or lightly mix and pour into the pan, allowing the baking process to complete mixing
- Large handled measuring cups and spoons
- Large handled mixing spoons

Visual Accommodations:
- Easily identifiable labeled ingredients
- Long oven mitts
- Brightly colored measuring cups, spoons, and bowls

Potential Food Allergy or Intolerance:
- Butter (lactose)
- Milk (lactose)
- Sugar (diabetics)

Meatless Preparation Avoid:
- Butter
- Milk
- Substitute with: _____

Utensils:
- Measuring cups
- 2 Mixing bowls
- Microwave safe cup

Spoon
Toothpick (round)
Whisk
Pan: 8 quart pan

Ingredients:

Meat: None

Vegetables: None

Other ingredients:
6 tablespoons of butter
1/2 cup of cornstarch
6 cups of milk (lactose free)
Almond, or
Soy
1/2 teaspoon of salt
1.5 cups of sugar
3 tablespoons of vanilla extract

Preparation:
1. Combine in an 8 quart pan:
   1/2 cup of cornstarch
   6 cups of milk (lactose free)
   Almond, or
   Soy
   1/2 teaspoon of salt
   1.5 cups of sugar
2. Allow to heat, stirring frequently.
3. Once it boils, set a timer for 10 minutes. Stir frequently.
4. After 10 minutes, mixture should be beginning to set (it won't appear as thick as animal milk pudding, it will thicken when it cools).
5. Add the 6 tablespoons of butter and the 3 teaspoons of vanilla extract.
6. Stir in well.

Cook Temperature: Medium

Cook Time: 20 to 30 minutes

Servings: 8

Storage Solutions: Round containers in individual servings
- **Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer**
- **Fridge safe: 2 days * Per What's Cooking America Storage Chart link in Resources**
- **Freezer safe: Not recommended**

Reheat Instructions: Not recommended

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Thank you for reading Allergy Free Desserts. If you enjoyed it, please take a moment to leave me a review at your favorite online retailer and share it on social media.

Thanks!

Abby Brown

About the Author

Abby Brown began reading at far too young an age. Her preferred reading material was nonfiction, with biographies and science being at the forefront of her library excursions.

Her ability to memorize and use all the grammar rules in school years led to working in the school library while classmates caught up. All of those rules and diagramming sentences was easy and relaxing. For many years. All is forgotten now. Except the joyful memories of preparing the library for others to use.

As an adult, gardening and preparing the garden bounty was her way to relax. To think. To make (tasty) order out chaos. Even that is gone now. May you enjoy the recipes she has gathered over the decades.

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